



# Stovetop Goat's Cheese and Sun-Dried Tomato Risotto

with Roasted Tomato Parcel and Rocket

4

Classic 35-40 Minutes • 1 of your 5 a day



Garlic Clove



Onion



Baby Plum Tomatoes



Vegetable Stock Paste



Risotto Rice



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Goat's Cheese



Wild Rocket



Balsamic Glaze



Diced British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Honey, Butter

#### + Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Garlic press, aluminium foil, baking tray, kettle, measuring jug and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Vegetable Stock Paste	20g	30g	40g
Risotto Rice	175g	260g	350g
Sun-Dried Tomato Paste	25g	25g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Goat's Cheese** 7)	75g	120g	150g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	24ml	24ml
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Stock*	800ml	1200ml	1600ml
Butter*	30g	40g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	735g	100g	865g	100g
Energy (kJ/kcal)	2884/689	392/94	3531/844	408/98
Fat (g)	26.9	3.7	29.3	3.4
Sat. Fat (g)	16.4	2.2	17.1	2.0
Carbohydrate (g)	91.6	12.5	91.7	10.6
Sugars (g)	17.7	2.4	17.9	2.1
Protein (g)	19.3	2.6	50.8	5.9
Salt (g)	3.38	0.46	3.57	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into small pieces.

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, the **honey** (see pantry for amount) and a pinch of **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**, then pop it onto a baking tray.



## Cook your Risotto

Pour in a **third** of the **stock** and stir to combine.

Bring to the boil and simmer until absorbed, then repeat with the remaining **stock**, a third at a time. Stir occasionally. The total cooking time should take 20-25 mins and your **risotto** is done when the **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.

### + Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **onion**. Fry for the same amount of time, the **chicken** will cook through in the **risotto**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Make the Stock

Boil a full kettle.

Pour the **boiled water for the stock** (see pantry for amount) into a large measuring jug. Stir in the **veg stock paste** - this is your **stock**.

When the oven is hot, roast the **tomato parcel** on the bottom shelf until softened, 15-20 mins.



## Finishing Touches

Once the **risotto** is cooked, stir in the **roasted tomatoes** (discarding the **juices**), **sun-dried tomato paste**, **hard Italian style cheese** and **butter** (see pantry for amount) until combined. Taste and season with **salt** and **pepper** if needed.

Crumble in **half** the **goat's cheese** and stir through. Remove from the heat. Add a splash of **water** to loosen if needed.



## Build the Flavour

Meanwhile, heat a drizzle of **oil** in a large, wide-bottomed saucepan on medium heat.

Add the **onion** to the pan and stir-fry until softened, 4-5 mins.

Stir in the **garlic** and cook for 1 min.

Add the **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.



## Finish and Serve

Share the **tomato risotto** between your bowls and crumble over the remaining **goat's cheese**.

Top with a handful of **rocket**. Drizzle over the **balsamic glaze**.

Enjoy!