



# Oven-Baked Chorizo and Tomato Risotto

with Hard Italian Cheese, Rocket and Balsamic Drizzle

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

9



Onion



Diced Chorizo



Garlic Clove



Baby Plum Tomatoes



Risotto Rice



Chicken Stock Paste



Mixed Herbs



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze

**Pantry Items**  
Oil, Salt, Pepper, Butter

## Before you start

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

## Cooking tools

Kettle, ovenproof pan, garlic press, aluminium foil, lid and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	2	2
Diced Chorizo** 7)	90g	120g	180g
Garlic Clove**	3	4	6
Baby Plum Tomatoes	125g	190g	250g
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	20g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	640g	100g
Energy (kJ/kcal)	3162/756	494/118
Fat (g)	32.7	5.1
Sat. Fat (g)	15.4	2.4
Carbohydrate (g)	86.0	13.4
Sugars (g)	11.2	1.8
Protein (g)	27.6	4.3
Salt (g)	5.03	0.79

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.

## Contact

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## Fry the Onion and Chorizo

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.**

Once hot, add the **onion** and **diced chorizo** to the pan and stir-fry until the **onion** has softened and the **chorizo** has started to brown, 4-5 mins.

*If you prefer hob cooking your risotto, skip the oven and just use a normal pan.*



## Roast the Tomatoes

Pop the **tomato parcel** onto a small baking tray.

Roast on the bottom shelf of your oven until softened, 15-20 mins.



## Prep the Parcel

While the **onion** and **chorizo** are frying, peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes** onto a piece of foil with a drizzle of **oil**. Stir through **half** the **garlic**. Season with **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**. Set aside for now.

Add the **risotto rice** and remaining **garlic** to the ovenproof pan, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



## Add the Flavour

When the **risotto** is cooked, remove it from the oven and stir through the **sun-dried tomato paste**, **butter** (see pantry for amount) and **hard Italian style cheese**.

Season to taste with **salt** and **pepper** if needed. **TIP: Add a splash of water to loosen the risotto if needed.**



## Bake the Risotto

Meanwhile, pour the **boiled water for the risotto** (see pantry for amount) and **chicken stock paste** into the **risotto rice**. Add the **mixed herbs** and stir to combine.

Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.

*For hob cooking, pour in 2p: 800ml, 3p: 1200ml, 4p: 1600ml of boiled water a third at a time, stirring each time until the stock has been absorbed, 20-25 mins.*



## Serve

Share the **oven-baked risotto** between your serving bowls.

Spoon over the **roasted tomatoes** along with their **juices**. Top with the **rocket leaves**.

Drizzle over the **balsamic glaze** to finish.

## Enjoy!