

Oven-Baked Veggie 'Nduja and Burrata Risotto

with Peas and Hard Italian Style Cheese

Classic 40-45 Minutes • **Very Hot** • 1 of your 5 a day • Veggie



Onion



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Lemon



Peas



Vegan 'Nduja



Grated Hard Italian Style Cheese



Burrata



Love risottos, but wish there was no stirring involved? This Oven-Baked Veggie 'Nduja and Burrata Risotto is a simplified version of the traditional risotto, baking in the oven instead to absorb all the stock and flavours. Translated from the Italian for 'buttery', burrata is a cheese typical of the Puglia region, consisting of a casing of mozzarella with filled with soft stracciatella and clotted cream.

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, ovenproof pan, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Vegetable Stock Paste	20g	30g	40g
Lemon**	1	1½	2
Peas**	120g	240g	240g
Vegan 'Nduja	1 sachet	1½ sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Burrata** 7)	125g	250g	250g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Sugar*	1 tsp	1½ tsp	2 tsp
Boiled Water for the Risotto*	600ml	900ml	1200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	695g	100g
Energy (kJ/kcal)	3159/755	455/109
Fat (g)	31.8	4.6
Sat. Fat (g)	18.0	2.6
Carbohydrate (g)	94.6	13.6
Sugars (g)	14.8	2.1
Protein (g)	22.9	3.3
Salt (g)	3.52	0.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg

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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Get Prepped

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

Halve, peel and thinly slice the **onion**.

Peel and grate the **garlic** (or use a garlic press).



Time to Bake

Stir in the **boiled water for the risotto** (see pantry for amount) and **veg stock paste**. 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.

Meanwhile, zest and halve the **lemon**.



Caramelize the Onion

Melt the **butter** (see pantry for amount) in a large, wide-bottomed ovenproof pan on medium heat.

TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until softened, 8-10 mins.



All Together Now

When the **risotto** is cooked, remove it from the oven and stir through the **peas**, **vegan 'Nduja** (add less if you'd prefer things milder) and **hard Italian style cheese** until well combined.

Squeeze in the **juice** from **half** the **lemon**.

Taste and season with **salt**, **pepper** and more **lemon juice** if needed. **TIP:** Add a splash of water to loosen the risotto if needed.



Add the Rice

Add the **garlic** and **sugar** (see pantry for amount) to the **onion**. Cook until caramelised, 1-2 mins more.

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



Serve Up

Share the **risotto** between your bowls.

Tear the **burrata** in half and place on top.

Sprinkle over the **lemon zest**. Finish with a crack of **black pepper**.

Enjoy!