



Roasted Tenderstem® Broccoli and Tomato Stovetop Risotto with Italian Style Cheese, Balsamic Drizzle and Chives

23

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



Vegetable Stock Paste



Garlic Clove



Baby Plum Tomatoes



Risotto Rice



Tenderstem® Broccoli



Chives



Lemon



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar, 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, measuring jug, garlic press, ovenproof pan, lid, aluminium foil, baking tray and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste	15g	20g	30g
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Risotto Rice	175g	260g	350g
Tenderstem® Broccoli**	150g	200g	300g
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Sun-Dried Tomato Paste	50g	75g	100g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Balsamic Glaze (14)	12ml	24ml	24ml
Pantry	2P	3P	4P
Boiled Water for the Stock*	800ml	1200ml	1600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	758g	100g
Energy (kJ/kcal)	2518/602	332/79
Fat (g)	18.5	2.4
Sat. Fat (g)	9.6	1.3
Carbohydrate (g)	85.7	11.3
Sugars (g)	11.4	1.5
Protein (g)	19.1	2.5
Salt (g)	2.87	0.38

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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Make the Stock

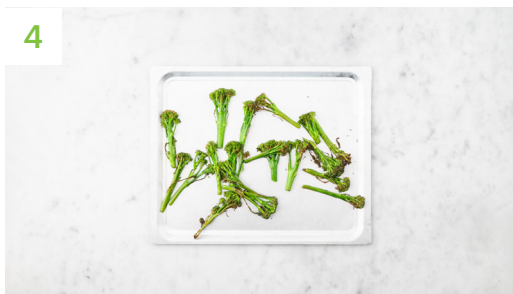
Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

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**.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**.

Heat a drizzle of **oil** in a large, wide-bottomed pan on medium heat. Once hot, stir in the **garlic** and cook for 30 secs.

If you prefer oven-baking your risotto, use an ovenproof pan and 2p: 600ml, 3p: 900ml, 4p: 1200ml of boiled water.



Roast the Broccoli

Meanwhile, halve any thick **broccoli stems** lengthways. Roughly chop the **chives** (use scissors if easier).

When the **risotto** has about 10 mins cooking time left, pop the **broccoli** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf of your oven until tender and the edges are crispy, 10-12 mins.



Start the Risotto

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

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.

For oven-baking, pour in all the water at once and cover with a lid or foil. Bake until the water has been absorbed, 25-30 mins.



Final Touches

While everything cooks, cut the **lemon** into wedges.

When the **risotto** is cooked, remove from the heat. Stir through the **sun-dried tomato paste**, **hard Italian style cheese**, a good squeeze of **lemon juice** and **butter** (see pantry for amount) and **half** the **chives**.

Taste and season with **salt** and **pepper** if needed.

TIP: Add a splash of water to loosen the risotto if needed.



Roast the Tomatoes

While the **rice** simmers, pop the **tomatoes** onto a piece of foil. Drizzle over some **oil** and add the **sugar** (see pantry for amount), then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel.

Pop the **tomato parcel** onto a baking tray. Roast on the bottom shelf until softened, 15-20 mins.



Finish and Serve

When everything's ready, share the **risotto** between your bowls.

Top with the **roasted broccoli** and **tomatoes**.

Drizzle over the **balsamic glaze** and sprinkle over the remaining **chives**. Serve with any remaining **lemon** wedges for squeezing over.

Enjoy!