



Goat's Cheese and Pea Springtime Risotto with Lemon, Mint and Rocket

Spring Greens 35-45 Minutes • 1 of your 5 a day • Veggie

21



Garlic Clove



Vegetable Stock Paste



Risotto Rice



Lemon



Mint



Peas



Grated Hard Italian
Style Cheese



Goat's Cheese



Rocket

Pantry Items

Oil, Salt, Pepper, Butter, Olive Oil

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, garlic press, measuring jug, ovenproof pan, ovenproof dish, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Vegetable Stock Paste 10	20g	30g	40g
Risotto Rice	175g	260g	350g
Lemon**	½	1	1
Mint**	½ bunch	1 bunch	1 bunch
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Goat's Cheese** 7	75g	112g	150g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	272g	100g
Energy (kJ/kcal)	2677 /640	986 /236
Fat (g)	24.2	8.9
Sat. Fat (g)	14.7	5.4
Carbohydrate (g)	81.6	30.1
Sugars (g)	6.2	2.3
Protein (g)	24.0	8.8
Salt (g)	3.05	1.12

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

Allergens

7) Milk **8)** Egg **10)** Celery

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, milk, egg, mustard, celery, soya, 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.


Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Bring on the Stock

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

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

Pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug.

Add the **vegetable stock paste** and stir well to combine - this is your **veg stock**.



Zest and Chop

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks, see ingredients for amount).



Fry the Rice

Heat a drizzle of **oil** in a large 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 hot, add the **garlic** and **risotto rice**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finish your Risotto

When the **risotto** is cooked, remove it from the oven and mix in the **peas**, **lemon zest**, **lemon juice** (see ingredients for amount), **hard Italian style cheese**, **butter** (see pantry for amount) and **half the chopped mint**.

Season to taste with **salt** and **pepper** if needed.

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



Ready, Steady, Bake

Stir in the **veg stock**. 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, 20-25 mins.



Serve

Share your **pea risotto** between your bowls.
Crumble over the **goat's cheese** and scatter over the remaining **chopped mint**.

Top with a handful of **rocket** and drizzle the **leaves** with a little **olive oil** to finish.

Enjoy!