



Goat's Cheese and Slow Roasted Tomato Risotto

with Lemon and Rocket

43

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



Garlic Clove



Baby Plum Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Lemon



Rocket



Grated Hard Italian Style Cheese



Goat's Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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

Garlic press, aluminium foil, baking tray, saucepan and fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Vegetable Stock Paste 10	20g	30g	40g
Sun-Dried Tomato Paste	25g	25g	50g
Risotto Rice	175g	260g	350g
Lemon**	½	1	1
Rocket**	20g	40g	40g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Goat's Cheese** 7	75g	120g	150g
Pantry	2P	3P	4P
Water for the Stock*	750ml	1125ml	1500ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2798 /669	997 /238
Fat (g)	30.9	11.0
Sat. Fat (g)	16.3	5.8
Carbohydrate (g)	78.6	28.0
Sugars (g)	5.3	1.9
Protein (g)	18.1	6.4
Salt (g)	3.30	1.18

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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Prep the Tomatoes

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

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

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**.

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



Cook your Risotto

Stir a ladle of your **stock** into the **rice** pan.

When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Make the Stock

Pour the **water for the stock** (see pantry for amount) into a medium saucepan on high heat. Stir in the **veg stock paste**.

Bring to the boil, then reduce the heat to the lowest setting to keep the **stock** warm.

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



Mix the Lemon Dressing

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

Squeeze the **juice** from **half** the **lemon** into a small bowl. Stir in the **olive oil for the dressing** (see pantry for amount), then season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

Mix together, then taste and add more **lemon juice**, **salt**, **pepper** and **sugar** if needed.

Just before serving, add the **rocket** to the **dressing** and toss to coat.



Build the Flavour

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

Once hot, add the **garlic** and **sun-dried tomato paste** 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

Once the **risotto** is cooked, stir in the **roasted tomatoes** and their **juices**, **hard Italian style cheese**, **butter** (see pantry for amount) and a pinch of **lemon zest** until combined, 1-2 mins. Taste and add **salt**, **pepper** and more **zest** if needed.

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

Share the **tomato risotto** between your bowls and crumble over the remaining **goat's cheese**. Serve with the **rocket salad** alongside.

Enjoy!