



Halloumi and Sun-dried Tomato Risotto

with Baby Plum Tomatoes, a Lemony Crumb and Rocket Salad

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

22



Onion



Garlic



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Baby Plum Tomatoes



Halloumi



Lemon



Panko Breadcrumbs



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic press, Cutting Board, Knife, Jug, Saucepan, Ovenproof Dish, Frying Pan, Bowl and Zester.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	1	2	2
Water for the Rice*	450ml	675ml	900ml
Vegetable Stock Paste 10)	15g	25g	30g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Halloumi 7)**	250g	375g	500g
Lemon**	½	1	1
Olive Oil for the Crumb*	1 tbsp	1½tbsp	2 tbsp
Panko Breadcrumbs 13)	10g	15g	20g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	3713 /887	898 /215
Fat (g)	42	10
Sat. Fat (g)	20	5
Carbohydrate (g)	87	21
Sugars (g)	10	2
Protein (g)	38	9
Salt (g)	4.69	1.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Start the Prep

Preheat your oven to 200°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pour the boiling **water** (see ingredients for amounts) into a jug with the **vegetable stock paste**, stir well and set aside.



Finish the Prep

While the **risotto** is cooking, zest and halve the **lemon** (see ingredients for amount). Heat the **olive oil** for the crumb (see ingredients for amount) in a frying pan on medium-high heat. Add the **breadcrumbs** and season with **salt** and **pepper**. Toast them until golden, 3-4 mins, stirring every minute. Once golden, stir in the **lemon zest** and transfer it into a bowl.



Start the Risotto

Heat a drizzle of **oil** in a large ovenproof saucepan on medium-high heat. **TIP: If you don't have an ovenproof pan, just cook in a normal saucepan then transfer it to an ovenproof dish before the risotto goes in the oven.** When the **oil** is hot, add the **onion** and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic** and **sun-dried tomato paste** and cook for 1 min more. Stir in the **risotto rice** and cook until the edges are slightly translucent, 1-2 mins.



Mix It Up

Pop the frying pan back on medium-heat and add a drizzle of **oil**. Remove the **halloumi** slices from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Once the **oil** is hot, lay in the **halloumi slices**. Fry until golden, 3-4 mins on each side, then remove the pan from the heat. Squeeze the **lemon juice** into a large bowl. Add the **olive oil** for the dressing (see ingredients for amount), a pinch of **sugar** (if you have some), and season with **salt** and **pepper**. Whisk together with a fork.



Oven Time

Next, pour the **stock** into the **rice** then add the **baby plum tomatoes**. Bring it back to the boil then cover with a lid (or some tightly fitting foil). Pop onto the top shelf of your oven and bake until the **rice** is cooked and the **stock** absorbed, 20-25 mins. Meanwhile, cut the **halloumi** into three slices per person. Place the **halloumi** slices in a small bowl of cold **water** and leave to soak.



Serve

When the **risotto** is cooked, remove it from your oven. Carefully take the lid off the pan and add a splash of **water** to loosen if you need to. Stir in a **knob of butter** (if you have some). Taste and season with **salt** and **pepper** if needed. Add the **rocket** to your bowl of **salad dressing** and toss to coat. Share out the **risotto** into your serving bowls, top with the **halloumi** and finish with a sprinkling of the **lemony crumb**. Serve with the **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.