



Sun-Dried Tomato Risotto

with Roasted Asparagus and Baby Plum Tomatoes

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories

23



Vegetable Stock Paste



Echalion Shallot



Garlic Clove



Asparagus Bundles



Sun-Dried Tomato Paste



Risotto Rice



Baby Plum Tomatoes



Grated Hard Italian Style Cheese



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, 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, saucepan, garlic press, frying pan, ladle and baking tray.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10	15g	20g	30g
Echalion Shallot**	1	2	2
Garlic Clove**	1	1½	2
Asparagus Bundles**	200g	300g	400g
Sun-Dried Tomato Paste	50g	75g	100g
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Grated Hard Italian Style Cheese** 7) 8	20g	40g	40g
Balsamic Glaze 14	12ml	24ml	24ml
Pantry	2P	3P	4P
Boiled Water for the Risotto*	750ml	1125ml	1500ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	337g	100g
Energy (kJ/kcal)	2280 /545	678 /162
Fat (g)	15.9	4.7
Sat. Fat (g)	7.7	2.3
Carbohydrate (g)	82.6	24.5
Sugars (g)	9.9	2.9
Protein (g)	15.0	4.4
Salt (g)	3.57	1.06

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 8) Egg 10) Celery 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, 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.

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Make the Stock

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

To make your **stock**, add the **boiled water for the risotto** (see pantry for amount) to a medium saucepan on high heat.

Stir in the **vegetable stock paste**. Bring to the boil, then reduce the heat to the lowest setting to keep it warm.



Ladle and Stir

To make your **risotto**, stir a ladle of **stock** into the **rice**. When the **stock** has been absorbed, 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.

Scan to get your exact PersonalPoints™ value



Prep the Veg

Halve, peel and chop the **shallot** into small pieces.

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

Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.



Roast the Veg

When the **risotto** has about 10 mins cooking time left, pop the **asparagus** and **baby plum tomatoes** onto a 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, 10-12 mins.

When the **risotto** is cooked, remove from the heat and mix in the **butter** (see pantry for amount) and **two thirds** of the **hard Italian style cheese**. Taste and season with **salt** and **pepper** if needed.



Start the Risotto

Heat a drizzle of **oil** in a large pan on medium heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and **sun-dried tomato paste**, then cook for 1 min more.

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



Finish and Serve

When the **veg** is roasted, serve the **risotto** in bowls with the **asparagus** and **tomatoes** on top.

Finish with a drizzle of the **balsamic glaze** and a sprinkle of the remaining **cheese** over the top.

Enjoy!