

Super Cheesy Oven-Baked Tomato Risotto with Pea Shoot Salad



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















Vegetable Stock Paste

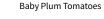






Tomato Puree

Risotto Rice





Mature Cheddar



Cheese



Sun-Dried Tomato





Grated Hard Italian Style Cheese

Lemon



Pea Shoots



Oil, Salt, Pepper, Sugar, 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

Garlic press, kettle, measuring jug, ovenproof pan, lid, aluminium foil, grater and bowl.

Ingredients

Ingredients	2P	3P	4P	
Echalion Shallot**	1	1	2	
Garlic Clove**	1	2	2	
Vegetable Stock Paste 10)	20g	30g	40g	
Tomato Puree	30g	60g	60g	
Risotto Rice	175g	260g	350g	
Baby Plum Tomatoes	125g	190g	250g	
Mature Cheddar Cheese** 7)	60g	90g	120g	
Lemon**	1/2	3/4	1	
Sun-Dried Tomato Paste	25g	50g	50g	
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g	
Pea Shoots**	40g	60g	80g	
Pantry	2P	3P	4P	
Boiled Water for the Stock*	450ml	675ml	900ml	
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	319g	100g
Energy (kJ/kcal)	2699 /645	846 / 202
Fat (g)	23.3	7.3
Sat. Fat (g)	11.2	3.5
Carbohydrate (g)	82.8	26
Sugars (g)	9.6	3.0
Protein (g)	24.3	7.6
Salt (g)	4.03	1.26

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.

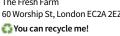
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Get Prepped

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

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Boil your kettle, then pour the **boiled water for** the stock (see pantry for amount) into a measuring jug with the veg stock paste. Stir well and set aside - this is your **veg stock**.



Build the Flavour

Heat a drizzle of oil in an ovenproof pan on medium-high 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 shallot and cook until softened, 3-4 mins. Stir in the garlic and tomato puree and cook for 1 min more.

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



Bake your Risotto

Pour your veg stock into the rice and stir well to combine. Add the baby plum tomatoes and bring back to the boil.

Pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the rice is cooked and the **stock** has been absorbed, 20-25 mins.

Meanwhile, grate the Cheddar cheese.



Make the Dressing

While the risotto bakes, halve the lemon and squeeze the **juice** (see ingredients for amount) into a large bowl.

Add the sugar and olive oil for the dressing (see pantry for both amounts) and mix together. Set aside.



Finishing Touches

When the **risotto** is ready, remove it from the oven and mix in the sun-dried tomato paste, Cheddar, hard Italian style cheese and a knob of butter (if you have any).

Season to taste with **salt** and **pepper** if needed. TIP: Add a splash of water to loosen the risotto if needed.



Serve

Add the pea shoots to the bowl of dressing and toss to coat.

Share the **risotto** between your plates or bowls and serve with the salad alongside.

Enjoy!