



# Super Cheesy Oven-Baked Tomato Risotto with Pea Shoot Salad

19

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



Echalion Shallot



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Baby Plum Tomatoes



Mature Cheddar Cheese



Lemon



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Pea Shoots

#### Pantry Items

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, grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Vegetable Stock Paste <b>10</b>	20g	30g	40g
Tomato Puree	30g	60g	60g
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** <b>7</b>	60g	90g	120g
Lemon**	½	¾	1
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Boiled Water for the Stock*	500ml	750ml	1000ml
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2709 /647	843 /201
Fat (g)	23.3	7.3
Sat. Fat (g)	11.2	3.5
Carbohydrate (g)	83.2	25.9
Sugars (g)	9.6	3.0
Protein (g)	24.5	7.6
Salt (g)	3.54	1.10

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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## 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**.



## 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.



## 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.



## Finishing Touches

When the **risotto** is ready, remove it from the oven and mix in the **sun-dried tomato paste**, **grated 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.*



## 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**.



## 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!