



# Oven-baked Cheesy Tomato Risotto

with Crunchy Cucumber Salad

**CLASSIC** 45 Minutes • 2.5 of your 5 a day • Veggie

Nº 5



Echalion Shallot



Garlic Clove



Sun-Dried Tomatoes



Vegetable Stock Powder



Tomato Puree



Arborio Rice



Baby Plum Tomatoes



Lemon



Honey



Baby Gem



Cucumber



Hard Italian Style Cheese

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug and Ovenproof Saucepan.

### Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Sun-Dried Tomatoes	1 small pot	1 large pot	1 large pot
Boiling Water for the Risotto*	450ml	675ml	900ml
Vegetable Stock Powder <b>10)</b>	2 sachets	3 sachets	3 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Arborio Rice	175g	260g	350g
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Honey	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Baby Gem**	1	1½	2
Cucumber**	½	¾	1
Hard Italian Style Cheese <b>7) 8)</b> **	2 packs	3 packs	4 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	471g	100g
Energy (kJ/kcal)	2667 /638	567 /136
Fat (g)	16	3
Sat. Fat (g)	8	2
Carbohydrate (g)	92	20
Sugars (g)	21	4
Protein (g)	25	5
Salt (g)	3.52	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Do the Prep

Preheat your oven to 200°C, fill and boil your kettle. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **sundried tomatoes** and pop these in a jug with the boiling **water** (see ingredients for amounts) and add the **stock powder**, stir well and set aside.



## 4. Make the Dressing

While the **risotto** is cooking, halve the **lemon** and squeeze the **juice** into a large bowl. Add the **honey** and **olive oil** (see ingredients for amount) and whisk together with a fork. Trim the root from the **baby gem lettuce** then separate the leaves. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.



## 2. Start the Risotto

Heat a drizzle of **oil** in a large ovenproof saucepan over medium-high heat and add the **shallot**. **TIP:** If you don't have an ovenproof pan, just cook in a normal saucepan then transfer to an ovenproof dish before the risotto goes in the oven. Stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree** and cook for 1 minute more. Stir in the **arborio rice** and and cook until it is slightly translucent, 1-2 mins.



## 5. Finishing Touches

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) and the **hard Italian style cheese**. Stir together until combined. Taste and season with **salt** and **pepper** if you feel it needs it.



## 3. Bake the Risotto

Meanwhile, pour the **stock** and **sundried tomato mixture** into the **rice** then add the **baby plum tomatoes**, bring back to the boil. Cover with a lid (or some tightly fitting foil). **TIP:** Transfer to an ovenproof dish, cover with a lid or foil at this point if your pan isn't ovenproof. Pop on the top shelf of your oven and bake until the **rice** is cooked and the **stock** absorbed, 20-25 mins.



## 6. Finish and Serve

Add the **cucumber** and **baby gem** to your bowl of **salad dressing** and toss to coat. Serve the **risotto** in bowls 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.