



FANCY FISH PARCEL

WITH TOMATO & COURGETTE RISOTTO

SPECIALITY INGREDIENT



HELLO ARBORIO

This rice is named after its town of origin in Northern Italy.



Chicken Stock Powder



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Lemon



Streaky Bacon



Cod Fillet



Tomato Purée



Arborio Rice



Italian Style Grated Hard Cheese



Unsalted Butter



Rocket

MEAL BAG

40 mins

1.5 of your 5 a day

Delicate white fish works perfectly with the deep smoky flavour of the bacon, making this recipe one of Chef André's best yet. Served alongside a creamy courgette risotto and peppery rocket salad, it's hard to say which part of this dish we love most. Add a little bit of luxury to your menu with this simple show-stopping recipe.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Measuring Jug**, **Fine Grater**, **Ladle** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Put a large saucepan on medium heat and add the **water** (see ingredients for amount) and **stock powder**. Bring to the boil then reduce the heat to low. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette**, quarter lengthways, then chop widthways into small chunks. Roughly chop the **parsley** (stalks and all) then zest and halve the **lemon**.



4 LADLE AND STIR

Stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, 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. When the **risotto** has about 10 mins left, stir in the **courgette**.



2 WRAP THE FISH

Lay two rashers of **streaky bacon** on a board, pop a **cod fillet** in the centre and roll up so the **bacon** encloses the **fish**. Repeat for the other **fillets**. Keep to one side - we will cook the **fish** later. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



5 COOK THE FISH

Once you've added the **courgette** to the **rice**, heat a splash of **oil** in a frying pan on medium-high heat. When the **oil** is hot, carefully lay in the **fish**. Cook on one side until the **bacon** is browned and crispy, 5 mins. Turn the **fish** over and cook for 5 mins on the other side, then remove the pan from the heat. **! IMPORTANT:** The fish is cooked when *opaque in the centre*. Keep an eye on your **risotto** as you do this - don't forget to stir!



3 START THE RISOTTO

Heat a splash of **oil** in a wide-bottomed saucepan on medium heat. Add the **shallot**. Cook, stirring, until the **shallot** is soft, 3-4 mins. Add the **garlic** and **tomato purée** and cook for 1 minute more. Stir in the **arborio rice**, making sure the **rice** is well coated. Cook for 1 minute.



6 FINISH OFF

When the **risotto** is ready, stir in the **Italian style hard cheese**, **butter**, a squeeze of **lemon juice** and **half the lemon zest** and **parsley**. Mix well and season to taste with **salt** and **pepper**. Pop the **rocket** in a bowl and dress with a drizzle of **olive oil** and a squeeze of **lemon juice**. Spoon the **risotto** onto your plates. Lay the **fish parcel** and **rocket** alongside and finish with a sprinkling of the remaining **parsley** and **lemon zest**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	750ml	1.25ltr	1.5ltr
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Echalion Shallot *	1	2	2
Garlic Clove *	1	2	2
Courgette *	1	1½	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Streaky Bacon *	4 rashers	6 rashers	8 rashers
Cod Fillet 4) *	2	3	4
Tomato Purée	1 sachet	1½ sachets	2 sachets
Arborio Rice	175g	260g	350g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Unsalted Butter 7) *	30g	30g	30g
Rocket *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 481G	PER 100G
Energy (kcal)	754	157
(kJ)	3153	656
Fat (g)	26	5
Sat. Fat (g)	15	3
Carbohydrate (g)	80	17
Sugars (g)	10	2
Protein (g)	45	9
Salt (g)	2.51	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 8) Egg

PAIR THIS MEAL WITH

A crisp white like a Chardonnay

! 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.

ENJOYING OUR PREMIUM RECIPES?

Or if you just have feedback in general, please get in touch via: hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH