



# HAM HOCK AND MINT RISOTTO

with Garlicky Sugar Snaps



## HELLO MINT

*Mint comes in over 30 varieties. The common garden mint is actually Spearmint*



Onion



Garlic Clove



Arborio Rice



Chicken Stock Powder



Ham Hock



Sugar Snap Peas



Mint



Unsalted Butter



Italian Style Grated Hard Cheese

MEAL BAG

35 mins

1 of your 5 a day

Risotto really is a dish for all seasons. It brings comfort and warmth in the colder months but can also be a great showcase for lighter, more summery flavours. This version combines fresh flavours like mint and crunchy sugar snap peas with the delicious taste and meaty texture of ham hock - a classic flavour combination that everyone will love.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Ovenproof Pan** (with a **Lid**), **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Fill and boil your kettle.



### 2 START COOKING!

Heat a drizzle of **oil** in a large ovenproof pan on medium-high heat, add the **onion**. **★ 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 the **onion** has softened, 5 mins. Reduce the heat to medium then add **half the garlic**, cook for 1 minute more, then add the **rice**. Stir and cook until the **rice** is slightly translucent, 1-2 mins.



### 3 BAKE THE RISOTTO

Add the boiling **water** (see ingredients for amount) to the rice pan. Stir in the **stock powder** and **pulled ham hock**. Bring the **mixture** to the boil and cover with a lid or some tightly fitting foil (transfer the **mixture** to an ovenproof dish at this point if you need to). Pop on the top shelf of your oven and bake until the **rice** is cooked and the **stock** absorbed, 20-25 mins.



### 4 STIR-FRY THE SUGAR SNAPS

While the risotto cooks, halve the **sugar snaps** lengthways. Pull the **mint leaves** off their stalks and finely chop (discard the stalks). When the **risotto** has 7 mins of cooking time left, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **sugar snaps** and stir-fry until slightly charred and tender, 3-4 mins. Add the remaining **garlic** and **half the mint**, cook for 1 minute more, then remove the pan from the heat.



### 5 FINISHING TOUCHES

When the **risotto** is cooked, remove it from your oven, and carefully take off the lid. Add the **butter**, **Italian style grated hard cheese** and the remaining **mint**. Beat until nicely melted. Taste the **risotto** and add **salt** and **pepper** if you feel it needs it.



### 6 SERVE

Spoon the **risotto** into bowls and place the **sugar snaps** on top. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Garlic Clove *	2	3	4
Arborio Rice	175g	260g	350g
Water*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Ham Hock *	125g	200g	250g
Sugar Snap Peas *	1 small pack	1 large pack	1 large pack
Mint *	1 bunch	1 bunch	1 bunch
Unsalted Butter 7) *	30g	45g	60g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 311G	PER 100G
Energy (kJ/kcal)	2722 / 651	877 / 210
Fat (g)	22	7
Sat. Fat (g)	13	4
Carbohydrate (g)	79	25
Sugars (g)	7	2
Protein (g)	34	11
Salt (g)	2.20	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg

**🧼** 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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