



# Oven-Baked Ratatouille Risotto

with Rocket & Tomato Salad



## HELLO GARLIC

The sticky juice that's in garlic cloves is often used as an adhesive, especially for delicate projects that involve items like glass.



Aubergine



Red Pepper



Red Onion



Courgette



Garlic



Italian Style Herbs



Tomato Purée



Arborio Rice



Vegetable Stock Powder



Premium Tomato Mix



Rocket



Chives



Unsalted Butter



Italian Style Grated Hard Cheese



Lemon

Hands on: **15 mins**  
Total: **35 mins**



Veggie

**4.5** of your  
**5** a day

Family Box

Our delicious oven-baked ratatouille risotto recipe is the perfect thing for an easy mid-week dinner. We've used the classic ingredients found in a ratatouille - red peppers, courgette, aubergine, tomatoes and red onion - and thrown them into a tomatoey risotto for a winning family recipe. Served with a fresh rocket salad with tomatoes, and topped with cheese and fresh herbs this colourful dish is sure to become your household favourite in no time.

# 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 Baking Tray**, **Large Ovenproof Pan** (with a **Lid**), **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



**1 PREP TIME**  
Preheat your oven to 200°C and boil your kettle. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper(s)** and discard the core and seeds. Slice into thin strips. Halve, peel and chop the **red onion** into small pieces. Trim the **courgette** then slice into rounds about 1cm thick. Peel and grate the **garlic** (or use a garlic press).



**2 ROAST THE VEGGIES**  
Pop the **aubergine** and **red pepper** onto a large baking tray. Season with **salt** and **pepper** and **half** the **Italian style herbs**. Drizzle on some **oil** and use your hands to rub the **flavours** all over the **veggies**. Arrange in one even layer and roast on the top shelf of your oven until soft and golden, 20-25 mins.



**3 START THE RISOTTO**  
Heat a splash of **oil** in a large ovenproof pan on medium-high heat. **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.* Add the **onion**. Cook until soft, 3-4 mins. Add the **tomato purée**, **garlic**, remaining **Italian style herbs** and **arborio rice**. Stir to coat the **rice** in the **mixture**. Pour in the boiling **water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder**. Bring back to the boil, cover with a tight fitting lid (or foil). Bake on the middle shelf of your oven for 20 mins.



**4 COURGETTE TIME**  
While everything cooks in the oven put a large frying pan on high heat (no oil). When hot, add the **courgette slices** and fry until charred, 2-3 mins on each side. Season with **salt** and **pepper** as they cook. Remove from the heat and set aside. Meanwhile, halve the **tomatoes** and pop into a large bowl with the **rocket**. We will dress it later.



**5 FINISH THE RISOTTO**  
Finely chop the **chives**. When the **risotto** is cooked, remove it from the oven and mix in the **butter** and **Italian style grated hard cheese**. Stir through the **roasted aubergine**, **red pepper** and **chives**. Taste and season with **salt** and **pepper** if needed.



**6 SERVE**  
Squeeze the **lemon juice** into a small bowl and stir in the **olive oil** (see ingredients for amount). Pour the **dressing** onto the **rocket** and **tomatoes**. Toss to coat. Share the **risotto** between your bowls and top with the **charred courgettes**. Serve the **salad** alongside. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine *	½	1	1
Red Pepper *	1	1½	2
Red Onion *	½	1	1
Courgette *	1	1	2
Garlic *	1	2	2
Italian Style Herbs	½ pot	¾ pot	1 pot
Tomato Purée	1	1½	2
Arborio Rice	sachet	sachets	sachets
Water*	175g	260g	350g
Vegetable Stock Powder 10)	400ml	600ml	800ml
Premium Tomato Mix	½ sachet	1 sachet	1 sachet
Rocket *	1 punnet	2 punnets	2 punnets
Chives *	1 bag	1 bag	2 bags
Unsalted Butter 7) *	½ bunch	1 bunch	1 bunch
Italian Style Grated Hard Cheese 7) 8) *	30g	45g	60g
Lemon *	½ pack	1 pack	1 pack
Olive Oil*	½	½	1
	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 549G	PER 100G
Energy (kJ/kcal)	2540 / 607	462 / 110
Fat (g)	20	4
Sat. Fat (g)	11	2
Carbohydrate (g)	88	16
Sugars (g)	18	3
Protein (g)	17	3
Salt (g)	0.79	0.14

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.**

## THUMBS UP OR THUMBS DOWN?

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