



Super Cheesy Oven-Baked Tomato Risotto with Rocket Salad

Customer Favourites 40-45 Minutes • 1 of your 5 a day

38



Red Onion



Garlic Clove



Vegetable Stock
Paste



Tomato Puree



Risotto Rice



Baby Plum
Tomatoes



Mature Cheddar
Cheese



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese



Rocket



Pesto Dressing

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, measuring jug, ovenproof saucepan, saucepan, lid, aluminium foil and grater.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Water for Stock*	450ml	675ml	900ml
Vegetable Stock Paste 10	20g	30g	40g
Tomato Puree	1 sachet	2 sachets	2 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	250g	250g
Mature Cheddar Cheese** 7	60g	90g	120g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	80g	80g
Rocket**	40g	80g	80g
Pesto Dressing 7	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	291g	100g
Energy (kJ/kcal)	2651 /634	807 /193
Fat (g)	21	7
Sat. Fat (g)	11	3
Carbohydrate (g)	84	25
Sugars (g)	8	3
Protein (g)	24	7
Salt (g)	3.60	1.10

Nutrition for uncooked ingredients based on 2 person recipe.

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 200°C. Fill and boil your kettle. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pour the **boiling water for the stock** (see ingredients for amount) into a measuring jug with the **veg stock paste**. Stir well and set aside.



Start the Salad

While the **risotto** bakes, put the **rocket** in a bowl and set aside.



Start the Risotto

Heat a drizzle of **oil** in an ovenproof saucepan on medium-high heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). When hot, add the **onion** 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**, **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 if needed.



Bake the Risotto

Pour the **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 **water** has been absorbed, 20-25 mins. Meanwhile, grate the **Cheddar cheese**.



Serve

Drizzle the **pesto dressing** over the **rocket** and toss to coat. Serve the **risotto** in bowls with the **salad** alongside.

Enjoy!