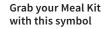


Rustic Roasted Eggplant & Veggie Risotto with Parmesan Cheese & Chargrilled Capsicum Relish

CLIMATE SUPERSTAR















Onion



Garlic & Herb Seasoning

Arborio Rice





Vegetable Stock Powder

Baby Spinach Leaves



Grated Parmesan Cheese



Chargrilled Capsicum Relish



Chilli Flakes (Optional)

Pantry items

Olive Oil, Butter



Eggplant and asparagus, roasted to golden perfection, are tossed through a herby risotto. You'll notice the sharp Parmesan coming through and the chargrilled capsicum relish really elevates this dinner to the next level. Finish it off with chilli flakes for a punch of flavour. *Custom Recipe is not

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Prep in: 20-30 mins Ready in: 40-50 mins

Calorie Smart*

Calorie Smart

Eat Me Early* *Custom Recipe only

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
eggplant	1	2		
asparagus	1 bunch	2 bunches		
onion	1 (medium)	1 (large)		
garlic	2 cloves	4 cloves		
garlic & herb seasoning	1 medium sachet	1 large sachet		
arborio rice	1 packet	1 packet		
vegetable stock powder	1 large sachet	2 large sachets		
water*	2 cups	4 cups		
baby spinach leaves	1 small bag	1 medium bag		
grated Parmesan cheese	1 medium packet	1 large packet		
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)		
butter*	20g	40g		
chilli flakes / (optional)	pinch	pinch		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2362kJ (565Cal)	549kJ (131Cal)
Protein (g)	17.3g	4g
Fat, total (g)	13.9g	3.2g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	89.1g	20.7g
- sugars (g)	11.3g	2.6g
Sodium (mg)	1682mg	391mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3107kJ (743Cal)	526kJ (126Cal)
Protein (g)	50.4g	8.5g
Fat, total (g)	19.2g	3.3g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	89.9g	15.2g
- sugars (g)	11.4g	1.9g
Sodium (mg)	1781mg	302mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut eggplant and asparagus into small chunks.
 Roughly chop onion. Finely chop garlic.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Start the risotto

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion until tender,
 3-5 minutes.
- Add garlic and garlic & herb seasoning and cook until fragrant, 1 minute.
- Add arborio rice, vegetable stock powder and the water. Stir to combine and bring to the boil.

Custom Recipe: Before cooking the onion, heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate and continue with step.



Bake the risotto

 Transfer risotto to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.



Roast the veggies

- Meanwhile, place eggplant and asparagus on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 20-25 minutes.



Bring it all together

- When the risotto is done, remove from oven, then stir through baby spinach leaves, grated Parmesan cheese, chargrilled capsicum relish, roasted veggies and the butter.
- Stir through a splash of water to loosen risotto if needed.

Custom Recipe: Stir chicken through risotto, along with the ingredients above.



Serve up

- Divide roasted eggplant and veggie risotto between bowls.
- Garnish with chilli flakes (if using) to serve.
 Enjoy!



Did we make your tastebuds happy?
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