



Rustic Roasted Eggplant & Veggie Risotto

with Parmesan Cheese & Chargrilled Capsicum Relish

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Eggplant



Asparagus



Onion



Garlic



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Chargrilled Capsicum Relish



Chilli Flakes (Optional)



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Calorie Smart*
*Custom Recipe is not Calorie Smart

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

Pantry items

Olive Oil, Butter

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

	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.



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**.



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.



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.



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**.



Serve up

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

Rate your recipe

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