



One-Pot Mediterranean Leek & Tomato Risotto

with Capsicum Relish & Parmesan Cheese

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Celery



Garlic & Herb Seasoning



Arborio Rice



Cherry Tomatoes



Vegetable Stock Powder



Roasted Almonds



Baby Spinach Leaves



Chargrilled Capsicum Relish



Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 45-55 mins

We're sending your tastebuds to paradise with a risotto that is saucy and dancing with hearty veggies like leek and cherry tomatoes. The capsicum relish stirred through is sure to make you smile, so sit back and enjoy your time with this sunny and aromatic risotto.

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

Pantry items

Olive Oil, Brown Sugar, 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 ovenproof saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
celery	1 stalk	2 stalks
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
cherry tomatoes	1 punnet	2 punnets
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
boiling water*	2¼ cups	4½ cups
roasted almonds	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
butter*	20g	40g
grated Parmesan cheese	1 large packet	2 large packets
parsley	½ bag	1 bag
grated Parmesan cheese**	1 large packet	2 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2968kJ (709Cal)	605kJ (145Cal)
Protein (g)	24.2g	4.9g
Fat, total (g)	24.1g	4.9g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	93.5g	19.1g
- sugars (g)	17.1g	3.5g
Sodium (mg)	1971mg	402mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3377kJ (807Cal)	654kJ (156Cal)
Protein (g)	32.8g	6.4g
Fat, total (g)	31g	6g
- saturated (g)	15.4g	3g
Carbohydrate (g)	93.5g	18.1g
- sugars (g)	17.1g	3.3g
Sodium (mg)	2155mg	417mg

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

2024 | CW04



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Thinly slice **leek**. Finely chop **celery**.

3



Finish the risotto

- Meanwhile, roughly chop **roasted almonds**.
- When risotto is done, stir through **baby spinach leaves**, **chargrilled capsicum relish**, the **butter** and half the **grated Parmesan cheese**. Season to taste.

TIP: If the risotto is dry, add a splash of water and stir through.

Custom Recipe: If you've doubled your grated Parmesan cheese, stir through the extra Parmesan cheese as above.

2



Bake the risotto

- Heat a large ovenproof saucepan over medium-high heat with a drizzle of **olive oil**. Cook **leek** and **celery**, stirring, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and **arborio rice**, and cook until fragrant, **1-2 minutes**.
- Add **cherry tomatoes**, **vegetable stock powder**, the **brown sugar** and **boiling water** (2¼ cups for 2 people / 4½ cups for 4 people). Stir to combine and bring to the boil. Cover tightly with a lid (or foil), then transfer to the oven and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.

TIP: Transfer risotto to a baking dish if you don't have an ovenproof saucepan.

4



Serve up

- Divide one-pot Mediterranean leek and tomato risotto between bowls.
- Top with remaining grated Parmesan cheese.
- Tear over **parsley** and garnish with roasted almonds to serve. Enjoy!

Rate your recipe

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