



# Mediterranean Tomato & Silverbeet Risotto

with Parmesan & Roasted Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Cherry Tomatoes



Risotto-Style Rice



Herb & Mushroom Seasoning



Vegetable Stock Powder



Silverbeet



Grated Parmesan Cheese



Roasted Almonds



Diced Bacon

Prep in: 15-25 mins  
Ready in: 50-60 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Satisfy your tastebuds with an expertly cooked and flavoured risotto (in case it wasn't clear, you're the expert!). Hearty and homey, this warming bowl incorporates caramelised cherry tomatoes and silverbeet to create a risotto that has everyone humming from bliss.

**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

Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
cherry tomatoes	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
risotto-style rice	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
vegetable stock powder	1 large sachet	2 large sachets
<b>boiling water*</b>	2 cups	4 cups
silverbeet	2 leaves	4 leaves
<b>butter*</b>	20g	40g
grated Parmesan cheese	1 large packet	2 large packets
roasted almonds	1 packet	2 packets
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	832kJ (199Cal)
Protein (g)	22g	6.8g
Fat, total (g)	23.9g	7.4g
- saturated (g)	11.5g	3.6g
Carbohydrate (g)	82.9g	25.7g
- sugars (g)	10.1g	3.1g
Sodium (mg)	1579mg	489mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3268kJ (781Cal)	877kJ (210Cal)
Protein (g)	29.9g	8g
Fat, total (g)	36.1g	9.7g
- saturated (g)	16g	4.3g
Carbohydrate (g)	83g	22.3g
- sugars (g)	10.1g	2.7g
Sodium (mg)	1978mg	531mg

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](https://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 | CW16



1



## Roast the tomatoes & leek

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**.
- Place **cherry tomatoes** and **leek** in a baking dish. Add the **brown sugar**, then drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then roast until caramelised, **15-20 minutes**.

**Custom Recipe:** If you've added diced bacon, add to baking dish along with cherry tomatoes and leek.

3



## Bring it all together

- While the risotto is baking, finely chop **silverbeet**.
- When the risotto has **5 minutes** remaining, stir through **silverbeet**, and bake, covered, until tender.
- Remove from oven, then add the **butter** and half the **grated Parmesan cheese**. Stir well to combine.

**TIP:** Add a splash of water if the risotto looks dry.

2



## Bake the risotto

- Meanwhile, boil the kettle.
- When the tomatoes are done, add **risotto-style rice**, **herb & mushroom seasoning**, **vegetable stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people) to the baking dish.
- Stir to combine, then cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

4



## Serve up

- Roughly chop **roasted almonds**.
- Divide Mediterranean tomato and silverbeet risotto between bowls.
- Garnish with remaining Parmesan cheese and roasted almonds. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)