

# Roasted Eggplant Risotto

with Parmesan Cheese & Chargrilled Capsicum Relish

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 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Eggplant



Carrot



Onion



Garlic



Flaked Almonds



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Baby Spinach Leaves



Chargrilled Capsicum Relish

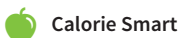


Chilli Flakes (Optional)



Grated Parmesan Cheese

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



Eggplant and carrot, 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 toasty almonds for a nutty flavour.

**Pantry items**

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
eggplant	1	2
carrot	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
<b>butter*</b>	20g	40g
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2627kJ (628Cal)	615kJ (147Cal)
Protein (g)	17.5g	4.1g
Fat, total (g)	17.9g	4.2g
- saturated (g)	8.7g	2g
Carbohydrate (g)	97.9g	22.9g
- sugars (g)	12.1g	2.8g
Sodium (mg)	1489mg	348mg

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **eggplant** into small chunks. Slice **carrot** into thick half-moons. Roughly chop **onion**. Finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.



## Roast the veggies

- Meanwhile, place **eggplant** and **carrot** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Start the risotto

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. 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.



## Bring it all together

- Remove **risotto** 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.



## 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 risotto between bowls.
- Garnish with toasted almonds and **chilli flakes** (if using) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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