



Courgette and Basil Risotto

with cheese and fresh chilli garnish

Veggie Calorie Smart 40-45 mins • Optional spice

10



Mozzarella



Courgette



Risotto Rice



Grated Italian Style Hard Cheese



Garlic



Chilli



Basil



Vegetable Stock

Pantry Items: Salt, Pepper, Butter, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Ladle

Ingredients

	2P	4P
Mozzarella	125 g	250 g
Courgette	1 unit	2 units
Risotto Rice	225 g	450 g
Grated Italian Style Hard Cheese	25 g	50 g
Garlic	2 units	4 units
Chilli	½ unit	1 unit
Basil	10 g	20 g
Vegetable Stock	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	315.2 g	100 g
Energy (kJ/kcal)	2696.4 kJ/ 644.5 kcal	855.3 kJ/ 204.4 kcal
Fat (g)	17.5 g	5.6 g
Sat. Fat (g)	10.7 g	3.4 g
Carbohydrate (g)	94.4 g	29.9 g
Sugars (g)	3.8 g	1.2 g
Protein (g)	25.4 g	8.1 g
Salt (g)	2.8 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

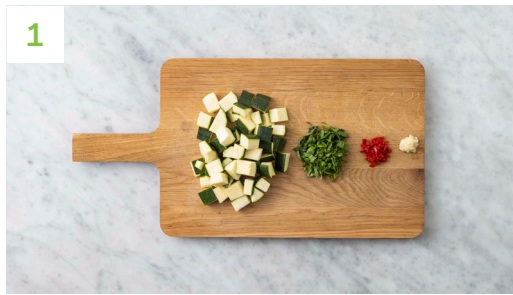
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve and deseed the **chilli**. Finely chop **half** (double for 4p).
- Cut the **courgette** into 2cm cubes.
- Pick the leaves from the **basil** sprigs and roughly tear.
- Dilute the **stock** with 1L **water** (double for 4p).



Tear the Cheese

- Meanwhile, tear the **mozzarella** into small pieces.



Start the Risotto

- Place a large pan over medium heat with 1 tbsp **butter** (double for 4p).
- Fry the chopped **chilli** (use less if you don't like spice) and **garlic** for 1-2 mins.
- Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finishing Touches

- Remove the pan from the heat.
- Stir the **mozzarella** and **half** of the **basil** into the risotto.
- Season the risotto with **salt** and **pepper** if desired.



Stir in the Stock

- Stir in a ladle of your **vegetable stock** and the **courgette**. When the **stock** has been absorbed by the **rice**, stir in another ladle.
- Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 25-30 mins and your risotto is done when the **rice** is al dente—cooked through but with a little firmness left in the middle.
- Add additional **water** if the risotto becomes too dry.



Garnish and Serve

- Divide the risotto between bowls.
- Garnish with the remaining **basil** and the grated **cheese**.

Enjoy!