



Roast Bell Pepper Risotto

with fresh tomatoes and chilli garnish

Veggie Calorie Smart 35-40 mins • Optional spice

10



Onion



Garlic



Basil



Tomato



Risotto Rice



Chilli



Vegetable Stock



Bell Pepper



Grated Italian Style Hard Cheese

Pantry Items: Water, Salt, Oil, Pepper, Butter

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, ladle, pan with lid

Ingredients

	2P	4P
Onion	1 unit	2 units
Garlic	2 units	4 units
Basil	10 g	20 g
Tomato	2 units	4 units
Risotto Rice	225 g	450 g
Chilli	½ unit	1 unit
Vegetable Stock	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Grated Italian Style Hard Cheese	50 g	100 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	380.3 g	100 g
Energy (kJ/kcal)	2355.6 kJ/ 563 kcal	619.4 kJ/ 148 kcal
Fat (g)	8.4 g	2.2 g
Sat. Fat (g)	4.9 g	1.3 g
Carbohydrate (g)	102.9 g	27.1 g
Sugars (g)	9.5 g	2.5 g
Protein (g)	17.7 g	4.7 g
Salt (g)	2.4 g	0.6 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.

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).
- Deseed and finely chop the **chilli**.
- Cut the **tomato** into 1cm cubes.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop onto a lined baking tray. Season with **salt** and **pepper**. When the oven is hot, roast on the top shelf until soft and charred, 15-18 mins.



Add the Tomato

- Stir the **diced tomato** through the risotto.
- Add the remaining **stock** to the risotto and let the **rice** slowly absorb the **stock** again. Keep stirring.
- The cooking time should take 25-30 mins and your risotto is done when the **rice** is al dente—cooked through but with a tiny bit of firmness left in the middle.



Fry the Veg

- Meanwhile, melt 1 tbs **butter** (double for 4p) in a pan over medium heat.
- Add the **onion** and **garlic** with a drizzle of **oil**.
- Lower heat and fry for 5 mins, or until **onions** are softened.
- Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.
- Dilute the **stock** with 1L hot **water** (double for 4p).



Finishing Touches

- Remove the pan from the heat.
- Roughly tear the **basil** leaves.
- Stir **half** the **cheese** into the risotto together with **half** the **basil**.
- Season to taste with **salt** and **pepper** and let stand, covered, for 2 mins.



Stir in the Stock

- Stir in a ladle of your **stock**. 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.
- Add additional **water** if the risotto becomes too dry.



Garnish and Serve

- Divide the risotto between plates or bowls.
- Garnish with the roasted **pepper** and remaining **cheese**.
- Add **chilli** to taste (use less if you don't like spice).
- Finish with a sprinkling of the remaining **basil**.

Enjoy!