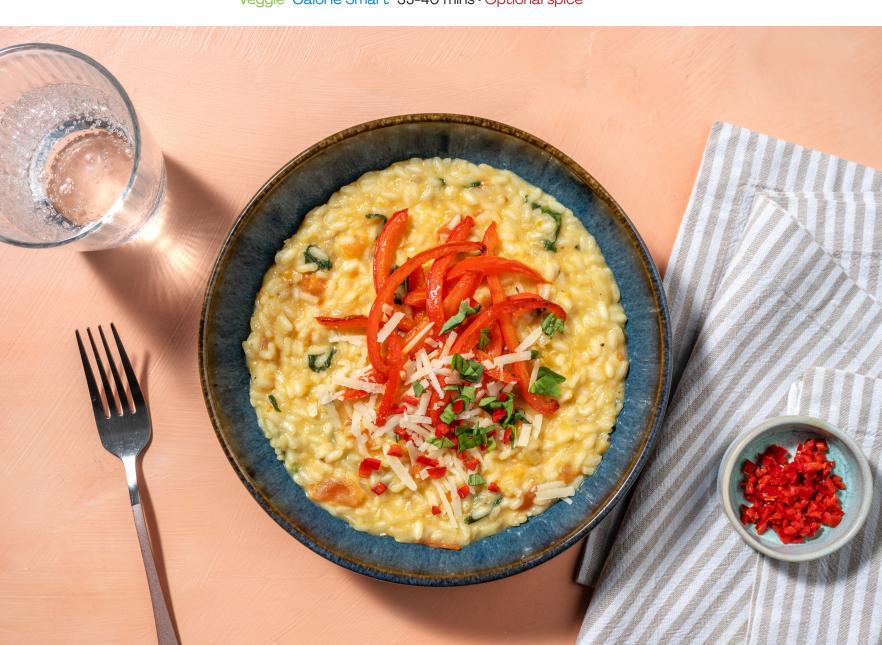


Roast Bell Pepper Risotto

with fresh tomatoes and chilli garnish

Veggie Calorie Smart 35-40 mins · Optional spice









Onior

Garlic





Basil

Toma





Risotto Rice

Chilli





Vegetable Stock

Bell Penn



Grated Italian Style Hard Cheese

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
380.3 g	100 g
2355.6 kJ/ 563 kcal	619.4 kJ/ 148 kcal
8.4 g	2.2 g
4.9 g	1.3 g
102.9 g	27.1 g
9.5 g	2.5 g
17.7 g	4.7 g
2.4 g	0.6 g
	380.3 g 2355.6 kJ/ 563 kcal 8.4 g 4.9 g 102.9 g 9.5 g 17.7 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.







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.



Fry the Veg

- Meanwhile, melt 1 tbsp 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).



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.



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.



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.



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!

