



Spicy Courgette Risotto

with cheese and fresh basil

Veggie Calorie Smart 40-45 mins • Optional Spice

10



Garlic



Grated Italian Style
Hard Cheese



Risotto Rice



Courgette



Chilli



Vegetable Stock



Mozzarella



Basil

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

Ingredients

	2P	4P
Garlic	2 unit	4 unit
Grated Italian Style Hard Cheese 7)	25 g	50 g
Risotto Rice	225 g	450 g
Courgette	1 unit	2 unit
Chilli	½ unit	1 unit
Vegetable Stock 10)	2 sachet	4 sachet
Mozzarella 7)	125 g	250 g
Basil	10 g	20 g

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

7) Milk **10)** Celery

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

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Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Remove the seeds from half the **chilli** (double for 4p) and finely chop. Cut the **courgette** into 2cm cubes.
- Pick the leaves from the **basil** sprigs and chop the leaves finely.
- Dilute the **stock** with 600ml water (double for 4p).



Prepare the Cheese

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



Start the Risotto

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



Finish Off

- 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 Stock

- Stir in a ladle of your **vegetable stock** and the **courgettes**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.
- Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.
- Add additional **water** if the **risotto** becomes too dry.



Garnish and Serve

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

Enjoy!