

# Lemony Asparagus Risotto

## with Peas and Roasted Tomatoes

hellóchef

Enjoy this perfectly tangy, creamy and comforting vegetarian supper!

Cals 578 • Prot 25 • Carbs 103 • Fat 14

Vegetarian

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🕒 cook: 35 min

R2410



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Risotto                  | 2 ppl | 3 ppl | 4 ppl |       |
|--------------------------|-------|-------|-------|-------|
| Thin asparagus           | 250   | 375   | 500   | Grams |
| Red onion                | 1     | 1     | 1     | Piece |
| Lemon                    | 1     | 2     | 2     | Piece |
| Water                    | 850   | 1275  | 1700  | ML    |
| Vegetable stock cube 15* | 1     | 2     | 2     | Piece |
| Parmesan 4*              | 60    | 90    | 120   | Grams |
| Olive oil                | 2     | 3     | 4     | Tbsp  |
| Salt                     | 1     | 1     | 2     | Tsp   |
| Arborio rice             | 160   | 240   | 320   | Grams |
| Green peas               | 100   | 150   | 200   | Grams |
| Butter 4*                | 10    | 20    | 20    | Grams |
| Black pepper             | 0.5   | 1     | 1     | Tsp   |
| Roasted tomatoes         |       |       |       |       |
| Cherry tomatoes          | 250   | 300   | 500   | Grams |
| Olive oil                | 1     | 2     | 2     | Tbsp  |
| Balsamic vinegar 14*     | 15    | 22    | 30    | ML    |

Allergens

\*15 Celery, \*4 Milk, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal)        | 2417 / 578   |
| Fat (g)                 | 14.1         |
| of which saturates (g)  | 8.1          |
| Carbohydrate (g)        | 103          |
| of which sugars (g)     | 13.5         |
| Fiber (g)               | 10.3         |
| Protein (g)             | 25.3         |
| Salt (g)                | 1.9          |

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast tomatoes

Preheat the oven to 220°C/200°C. Add the **tomatoes** to a baking dish and drizzle with **olive oil**. Roast for 20-25 min or until the **tomatoes** begin to soften. Once softened, remove the **cherry tomatoes** from the oven and drizzle them with the **balsamic vinegar**. Roast for a final 5 min.



2 Prep

Meanwhile, trim and chop the **asparagus** into bite-size pieces. Peel and finely chop the **onion**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Slice the **lemon** in half. Boil the **measured water** and dissolve the **stock cube** in it. Grate the **Parmesan**.



3 Fry

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min or until softened. Once softened, add the arborio **rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



4 Simmer

Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 15 min.

**Tip!** Stirring the rice continuously helps release the starch, making it creamier!



5 Finish risotto

Add the **asparagus** and **green peas**. Add any remaining **stock** and simmer for 5 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**. Add more water, if needed.



6 Serve

Add the **butter** and grated **Parmesan**. Simmer for 1-2 min further. Season with **salt** and **pepper** to taste. Add a squeeze of **lemon** juice and add {1/1/2} tsp **lemon zest**. Divide among plates and top with the roasted **balsamic vinegar tomatoes**.

**Tip!** Adjust the amount of lemon to your liking.