

Creamy Vegan Tomato Risotto

with Hazelnut Gremolata

hellóchef

This creamy dish is brightened up with fresh tomatoes and a zingy gremolata.

Cals 763 • Prot 23 • Carbs 115 • Fat 20

Vegan

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🕒 cook: 30 min

R2598



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	
Shallots	1	2	2	Piece
Garlic cloves	1	1	2	Piece
Cherry tomatoes	250	300	500	Grams
Water	600	1000	1200	ML
Vegetable stock cube 15*	1	1	2	Piece
Tomato passata	200	200	400	Grams
Olive oil	2	3	4	Tbsp
Arborio rice	160	240	320	Grams
Cashew cream cheese 2*	110	110	220	Grams
Black pepper	0.5	0.5	0.5	Tsp
Gremolata				
Hazelnuts 2*	40	60	80	Grams
Fresh parsley	15	15	30	Grams
Lemon	1	1	1	Piece
Olive oil	4	6	8	Tbsp
Salt	0.5	0.5	0.5	Tsp

Allergens

*15 Celery, *2 Tree Nuts

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)	3194 / 763
Fat (g)	19.5
of which saturates (g)	6.7
Carbohydrate (g)	115
of which sugars (g)	14.6
Fiber (g)	11.6
Protein (g)	23.1
Salt (g)	3

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



1 Prep

Peel and chop the **shallots** and **garlic**. Boil the **measured water** and dissolve the {1/1/2} **vegetable stock cube** in it. Add the **tomato passata** and stir well – this is your **tomato stock**.



2 Make gremolata

Add the **hazelnuts** to a food processor. Chop the **parsley**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Add the **parsley**, {0.5/0.75/1} tsp of grated **lemon** zest and {1/1.5/2} Tbsp of **lemon** juice, the **olive oil** and the **salt**. Blitz until you are left with a coarse paste. Set aside.

Tip! For a touch of heat, add a pinch of chilli flakes to your gremolata.



3 Start risotto

Heat a large pan over a medium heat with a drizzle of **olive oil**. Add the **shallots** with a pinch of **salt** and fry for 3 min or until softened. Add the **Arborio rice** and **garlic** and cook for 1 min further, stirring to coat the grains in the **oil**.



4 Simmer

Add the **tomatoes** and 1/4 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked through.



5 Finish risotto

Once all the **stock** is absorbed, add the vegan **cream cheese**. Cook for 2 min further or until the **rice** grains are softened but still 'al dente'. Season with **black pepper**.



6 Serve

Divide the **risotto** among plates and top with the **hazelnut gremolata**.