

\*Recipe & Nutritional information is inspired from a HelloFresh recipe.

EAT  
4LESS

## Oven-Baked Cheesy, Tomato Risotto With Salad

Prep Time: 45 Minutes

Cook Time: 35 Minutes

Serves: 4 People

Kcal

649

Carbs

83.2g

Protein

24.5g



### INGREDIENTS\*

350g, **Risotto Rice**  
120g, **Mature Cheddar Cheese**  
80g, **Grated Hard Italian Cheese**  
250g, **Baby Plum Tomatoes**  
1L, **Vegetable Stock**  
50g, **Sun-Dried Tomato Paste**  
60g, **Tomato Puree**  
80g, **Salad (Your Choice! We Like It With Rocket)**  
1, **White Onion**  
2, **Garlic Cloves**  
1, **Lemon**  
Knob Of, **Butter**  
**Balsamic Glaze / Vinegar For Dressing (We Also Love It With Rocket!)**

### INSTRUCTIONS\*

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel & chop the onion into small pieces. Peel & grate the garlic (or use a garlic press).

Add 1 litre of boiling water to your stock paste & stir well.

Heat a drizzle of oil in a pan on medium-high heat. Fry your onion until softened, about 3-4 mins. Stir in the garlic and tomato puree & cook for 1 min more. Add rice, stir & cook until the edges of the rice are translucent, 1-2 mins.

Pour veg stock into the rice & stir well to combine. Add baby plum tomatoes & bring back to the boil.

Transfer to an oven-proof pan (unless already cooking in one) & bake in the middle of the oven (with lid/foil on) until the rice is cooked & stock is absorbed, about 20-25 minutes.

Grate the cheddar cheese.

While the risotto bakes, prep your salad! Get as creative as you like or keep it simple with a baby leaf salad and a balsamic dressing!

Remove risotto when ready, add in tomato paste, both cheeses & knob of butter, mix it up! Season with salt & pepper. Serve with salad on the side.