



# Spicy Courgette Risotto

with cheese and fresh basil garnish

Veggie Calorie Smart 40-45 mins • Optional spice

10



Courgette



Risotto Rice



Grated Italian Style Hard Cheese



Garlic



Chilli



Basil



Mozzarella



Vegetable Stock

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, Ladle

## Ingredients

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>315.2 g</b>	<b>100 g</b>
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

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.

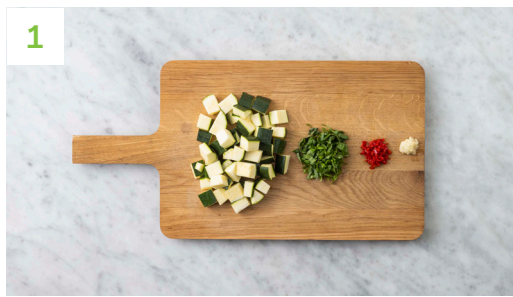
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Remove the seeds from the **chilli**. Finely chop half (double for 4p).
- Cut the **courgette** into 2cm cubes.
- Pick the leaves from the **basil** sprigs and chop the leaves finely.
- Dilute the stock with 1L warm **water** (double for 4p).



## Prepare the Cheese

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



## Start the Risotto

- Heat 1 tbsp **butter** (double for 4p) in a pan and fry the chopped **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 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.
- 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!