



Spicy Courgette Risotto

with cheese and fresh parsley garnish

Veggie Calorie Smart 40-45 mins • Optional spice

10



Courgette



Risotto Rice



Grated Italian Style Hard Cheese



Garlic



Chilli



Parsley



Hello Muscat



Pine Nuts

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

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	50 g	100 g
Garlic	2 units	4 units
Chilli	1 unit	2 units
Parsley	5 g	10 g
Hello Muscat	2 sachets	4 sachets
Pine Nuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	275 g	100 g
Energy (kJ/kcal)	2364 kJ/ 565 kcal	859.6 kJ/ 205.5 kcal
Fat (g)	11.2 g	4.1 g
Sat. Fat (g)	5.2 g	1.9 g
Carbohydrate (g)	97 g	35.3 g
Sugars (g)	3.6 g	1.3 g
Protein (g)	19.1 g	6.9 g
Salt (g)	3 g	1.1 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.

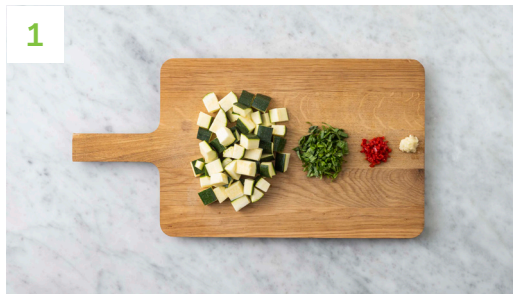
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways. Deseed and finely chop.
- Cut the **courgette** into 2cm cubes.
- Roughly chop the **parsley** (stalks and all).
- To make your **stock**, dilute the **muscat** with 1L hot **water** (double for 4p).



Toast the Pine Nuts

- Place a large pan over medium heat (without oil).
- Dry-fry the **pine nuts** until toasted, 2-3 mins.
- Remove from the pan and set aside.



Start the Risotto

- Return the pan to medium heat with a drizzle of **oil**.
- Fry the chopped **chilli** (use less if you don't like spice), **garlic** and **courgette** until the **courgette** is charred, 6-8 mins. Season with **salt** and **pepper**.
- Add the **risotto rice**. Cook, stirring, until the edges of the **rice** are translucent, 1-2 mins.



Stir in the Stock

- Stir in a ladleful of your **stock**. Allow the **stock** to be absorbed then add another ladleful.
- Repeat this process, stirring constantly, until all the **stock** has been used.
- This should take 25-30 mins. Your risotto is ready when the **rice** is al dente—cooked but with a bit of bite left in the middle.
- Add additional **water** if the risotto becomes too dry.

TIP: Make sure to stir continuously as the stock is absorbed by the rice.



Finishing Touches

- Remove the pan from the heat.
- Stir in **half** the **cheese**, **half** the **parsley**, and a knob of **butter**.
- Season to taste with **salt** and **pepper**.



Garnish and Serve

- Divide the risotto between bowls.
- Garnish with the **pine nuts**, remaining **parsley** and remaining grated **cheese**.

Enjoy!