



Roasted Tomato and Kale Risotto

with Parmesan Cheese and Walnuts

VEGGIE 35 Minutes



Arborio Rice



Shallot



Kale, chopped



Garlic



Fennel Seeds



Vegetable Broth Concentrate



Parmesan Cheese, shredded



Grape Tomatoes



White Wine Vinegar



Walnuts, chopped

HELLO RISOTTO

A northern Italian rice dish cooked in a broth to a creamy consistency

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

If you run out of broth before the rice is cooked through, add water (½ cup at a time) and continue stirring until it's cooked.

Bust Out

Baking Sheet, Measuring Cups, Measuring Spoons, Garlic Press, Medium Pot, Large Non-Stick Pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Arborio Rice | ¾ cup | 1 ½ cup |
| Shallot | 50 g | 50 g |
| Kale, chopped | 56 g | 113 g |
| Garlic | 6 g | 12 g |
| Fennel Seeds | 1 tsp | 2 tsp |
| Vegetable Broth Concentrate | 2 | 4 |
| Parmesan Cheese, shredded | ¼ cup | ½ cup |
| Grape Tomatoes | 227 g | 454 g |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Walnuts, chopped | 28 g | 56 g |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. PREP

Combine **4 ½ cups water** (5 ½ cups for 4 ppl) and **broth concentrates** in a medium pot. Cover and bring to a gentle boil over medium heat. F

inely chop **kale**. Peel, then cut **shallots** into ¼-inch slices. Peel, then mince or grate **garlic**.



4. ROAST TOMATOES

While **risotto** cooks, toss **tomatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until **tomatoes** are golden-brown and start to burst, 10-11 min. (**TIP:** Keep your eye on them so they don't burn!)



2. START RISOTTO

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **rice, garlic, fennel seeds** and **vinegar**. Cook, stirring often, until fragrant, 1-2 min.



5. FINISH RISOTTO

After the last cup of **broth** has been stirred in and absorbed, **rice** should be tender and texture creamy. (**NOTE:** The entire process should take 28-30 min.) Add **Parmesan** and **kale**. Stir often, until **kale** wilts, 3-4 min. Stir in **tomatoes**. Season with **salt** and **pepper**.



3. COOK RISOTTO

Add **1 cup broth** (use same amount for 4 ppl) to the pan with **rice**. Stir until **broth** has been absorbed by **rice**. Continue adding **broth, 1 cup** at a time, stirring regularly, until **liquid** is absorbed, texture is creamy and **rice** is tender, 28-30 min.



6. FINISH AND SERVE

Divide **risotto** between bowls. Sprinkle over **walnuts**.

Dinner Solved!

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