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hello@hellofresh.com.au | (02) 8188 8722

WK47  
2016



## Crispy Serrano & Rocket Risotto with Parmesan cheese

One of our favourite things about Italian cooking is that every dish can be adapted for every season and the produce available. This risotto is a perfect example; light and fresh and finished off with delicious crispy serrano ham.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



low sodium



gluten free

### Pantry Items



Boiling Water



Olive Oil



Butter



Vegetable Stock



Serrano Ham



Red Onion



Garlic



Arborio Rice



Green Beans



Parmesan



Rocket Leaves

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2P	4P	Ingredients
1 cube	2 cubes	vegetable stock, crumbled
1 L	2 L	boiling water *
1 packet	2 packets	serrano ham
2 tsp	1 tbs	olive oil *
1 tsp	2 tsp	butter *
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	arborio rice, rinsed well
½ packet	1 packet	green beans, trimmed & cut into 1 cm lengths
½ block	1 block	Parmesan cheese, finely grated ( <b>recommended amount</b> )
½ bag	1 bag	rocket leaves, washed

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2740	Kj
Protein	27.4	g
Fat, total	22.7	g
-saturated	14.7	g
Carbohydrate	5	g
-sugars	3.9	g
Sodium	411	mg



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, fine grater, medium saucepan, large saucepan, wooden spoon, ladle and oven tray lined with baking paper.*

**1** Preheat the grill to a medium heat.

**2** Add the **vegetable stock** and the **boiling water** to a medium saucepan and place over a low heat to keep warm. Set aside two slices of **serrano ham** and finely chop the remaining slices.



**3** Heat the **olive oil** and **butter** in a large saucepan over a medium heat. Add the **red onion** and finely chopped serrano ham and cook for **3 minutes**, or until the onion is soft. Add the **garlic** and **arborio rice**, coat the grains and toast for **1 minute**. Reduce to a medium-low heat.

**4** Add the simmering stock to the rice mixture, 1 cup at a time, and stir continuously until the stock has been absorbed. Repeat this process for approximately **25-30 minutes** or until all the stock has been absorbed and the rice is cooked 'al dente'. Add the **green beans** with the last cup of stock and stir until the stock has absorbed. Remove from the heat and stir through the **Parmesan cheese** and half of the **rocket**. Season generously with **pepper**.

**Tip:** Never leave risotto on the stove and walk away. The continuous stirring takes patience, but it's absolutely worth it in the end.

**5** Meanwhile, place the reserved serrano ham slices under the grill on a lined oven tray and cook for **5 minutes** or until crispy. Break into small shards.

**6** To serve, divide the serrano ham and rocket risotto between bowls and garnish with remaining rocket and crispy serrano shards.

