



## Roasted Tomato and Basil Pesto Risotto

A beautiful risotto simply bursting with flavour! This risotto is full of lycopene - an antioxidant carotenoid found in tomatoes. Risottos strike the perfect balance between comfort food and a fresh tasty meal that can be enjoyed inside on a cold evening, or outside al fresco!

### Nutritional Info

Calories: 540 kcal  
Carbohydrates: 88.1g  
Protein: 14.1g  
Fat: 10.6g

### Ingredients

- Cherry tomatoes
- Stock cube
- Risotto rice
- Tomato puree
- Onion
- Grated parmesan
- Garlic
- Green pesto

### Your Pantry

- Olive oil
- Salt and pepper

### Allergens

[Nuts \(Pesto\)](#)

[Celery \(Stock cube\)](#)

[Milk \(Parmesan\)](#)

[Stock Cubes may contain traces of Egg, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

## 1) Prepare the vegetables and pre-heat the oven to 180C

Peel and finely chop the onion and garlic. Make the stock up to 300ml per person. Rinse the risotto rice in a sieve.

## 2) Roast the tomatoes

Place the cherry tomatoes on a baking tray and drizzle with a little olive oil. Roast in the oven for 20-25 minutes or until soft and blistering. Meanwhile..

## 3) Saute the onion and garlic

Heat a large saucepan over medium heat. Add a drizzle of oil and once hot, add the onions. Cook for 4-5 minutes or until soft and caramelised. Add the garlic and cook for a further minute.

## 4) Make the risotto

Add the risotto rice to the saucepan with the onion and garlic and stir to ensure the rice is fully coated with the oils and juices. Add 1 cup of stock at a time, stirring constantly as the liquid is absorbed. Half way through adding the stock, add in the tomato puree, then continue adding the remaining stock until it's all absorbed and the rice is tender. Stir in *half of the* pesto and parmesan.

## 5) Plate the dish

Plate the risotto into large bowls. Dot the remaining pesto over and garnish with the roasted cherry tomatoes. Enjoy!



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