

RECIPE BAG
9811

L 2 people: 40 min
4 people: 45 min

Creamy Carbonara, Risotto With Balsamic Tomatoes

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Ingredients for 2 [Double for 4 people]:

-  1 brown onion
-  125g cherry tomatoes
-  2 British free-range eggs **A3**
-  2 garlic cloves
-  100g British bacon lardons
-  15ml balsamic vinegar **A12**
-  15ml Chinese rice wine
-  20g rocket
-  160g arborio rice
-  35g grated Italian hard cheese **A7**
-  11g chicken stock mix

Allergens: **A3:** egg, **A7:** milk, **A12:** sulphites

You need: olive oil, pepper, sugar, vegetable oil

Special equipment: tin foil

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.



Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
597kcal	20g	8g	73g
Sugar	Fibre	Protein	Salt
9g	4g	30g	3g



1 of your 5-a-day



Gluten-free
Suitable for coeliacs.

Instructions for 2 [for 4]

Preheat the oven to 200°C / 180°C (fan) / gas 6

Boil a kettle

Heat a large, wide-based pan (preferably non-stick) with a drizzle of **vegetable oil** over a medium-high heat

Once hot, add the **bacon lardons** and cook for 4-5 min or until golden and crisp



2

While the lardons are cooking, peel and finely dice the **brown onion[s]**

Peel and finely chop (or grate) the **garlic**

Once the bacon is crispy, add the **chopped onion** and **garlic** and cook for another 3-4 min or until the onion has softened and lightly caramelised

Tip: Add a small drizzle of vegetable oil if your pan is looking a little dry!

Dissolve the **chicken stock mix** in 700ml [1,4] **boiled water**

Once the onion is beginning to soften, add the **arborio rice** and cook for 1 min, stirring to coat the grains in the oil

Add the **chicken stock** a ladle at a time, stirring continuously for 25-30 min or until all of the stock is absorbed and the rice is cooked



3

Meanwhile, chop the **cherry tomatoes** in half

Add the **chopped tomatoes** to a baking tray lined with **tin foil**

Add a drizzle of **olive oil**, half the **balsamic vinegar** (you'll use the rest later!), a pinch of **sugar** and a crack of **black pepper**

Put the tray in the oven for 15 min or until the tomatoes become blistered – these are your **balsamic tomatoes**

Tip: Crowd the tomatoes together for the best blistering!



4

5

Separate the **egg yolks** from the **whites** by cracking the eggs over a small bowl and catching the **yolk** in the shell

Transfer the yolk from one shell half to the other several times, until all the whites are in the bowl and you are left with the yolk in the shell

Tip: Hold on to those egg whites! They're perfect for meringues or a protein-rich omelette (they freeze well too!)



6

Add most of the **grated Italian hard cheese** (save enough to sprinkle over the risotto later!) and the **egg yolks** to a small bowl

Season with a few generous grinds of **black pepper** (can't handle the heat? Go easy!) and a little splash of **cold water** and give everything a good mix up – this is your **carbonara sauce**



7

Once the stock is absorbed, add the **Chinese rice wine** and cook for 1 min further then take the risotto off the heat

Add the **carbonara sauce** and give everything a really good mix up – this is your **creamy carbonara risotto**

Tip: Mix the sauce through the risotto quickly to avoid scrambling the egg!

Wash the **rocket**, then pat it dry with **kitchen paper**



8

Serve the **creamy carbonara risotto** in bowls

Top the risotto with the **balsamic tomatoes** and sprinkle the **remaining Italian hard cheese** all over

Season with a generous grind of **black pepper**

Serve the **rocket** to the side with a drizzle of **olive oil** and the **remaining balsamic vinegar**

Enjoy!

