

Prep in: 20-30 mins

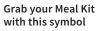
Ready in: 30-40 mins

# One-Pot Creamy Mushroom & Leek Risotto

with Parmesan & Parsley

WINTER WARMERS

CLIMATE SUPERSTAR













Carrot





**Aussie Spice** 

Arborio Rice

Garlic Paste



Vegetable Stock





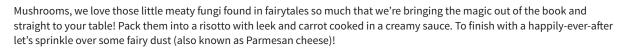


**Grated Parmesan** 



Parsley





## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Large ovenproof saucepan with a lid · Large frying pan

### Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1	2		
1 packet	1 packet		
1	2		
1 packet	1 packet		
1 medium packet	2 medium packets		
1 sachet	1 sachet		
1 large sachet	2 large sachets		
2½ cups	5 cups		
1/2	1		
½ packet (125ml)	1 packet (250ml)		
1 medium packet	1 large packet		
1 bag	1 bag		
1 packet	1 packet		
	refer to method 1 1 packet 1 1 packet 1 medium packet 1 sachet 1 large sachet 2½ cups ½ 2 packet (125ml) 1 medium packet 1 bag		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3755kJ (897Cal)	696kJ (166Cal)
Protein (g)	19.2g	3.6g
Fat, total (g)	49.6g	9.2g
- saturated (g)	32.3g	6g
Carbohydrate (g)	89.9g	16.7g
- sugars (g)	11.3g	2.1g
Sodium (mg)	1895mg	351mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4340kJ (1037Cal)	736kJ (176Cal)
Protein (g)	27.1g	4.6g
Fat, total (g)	61.8g	10.5g
- saturated (g)	36.8g	6.2g
Carbohydrate (g)	89.9g	15.3g
- sugars (g)	11.4g	1.9g
Sodium (mg)	2294mg	389mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- Thinly slice leek and portabello mushrooms. Thinly slice carrot into rounds.



#### Finish the risotto

- · Slice lemon into wedges.
- · When risotto is done, stir through cream (see ingredients), a squeeze of lemon juice and season with salt and pepper.

TIP: If the risotto is dry, add a splash of water and stir through.



#### Bake the risotto

- Heat a large ovenproof saucepan over medium-high heat with a drizzle of **olive** oil. Cook leek, mushrooms and carrot, stirring, until softened, 7-8 minutes.
- Add arborio rice, garlic paste and Aussie spice blend and cook until fragrant, 1-2 minutes.
- Add **vegetable stock powder** and the **water**. Stir to combine and bring to the boil. Cover tightly with a lid (or foil), then transfer to the oven and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.

**TIP:** 'Al dente' rice is cooked through but still slightly firm in the centre. TIP: If you don't have an ovenproof saucepan or pot, use a large saucepan, then transfer to a baking dish.

Custom Recipe: If you've added diced bacon, cook bacon before veggies, stirring, breaking up with a spoon, until golden, 6-7 minutes.



## Serve up

- Divide creamy mushroom and leek risotto between bowls.
- Top with grated Parmesan cheese. Tear over parsley.
- Serve with any remaining lemon wedges. Enjoy!

### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate