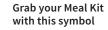
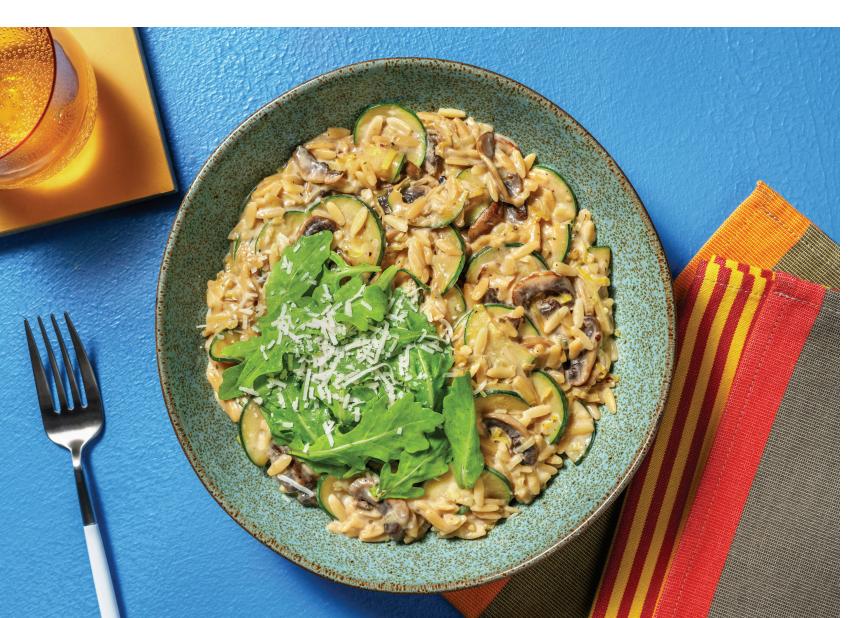


Creamy Mushroom & Leek Risoni with Rocket & Parmesan









Button Mushrooms







Courgette





Risoni







Vegetable Stock



Powder



Rocket Leaves



Grated Parmesan Cheese



Prep in: 20-30 mins Ready in: 25-35 mins

*Custom Recipe is not Calorie Smart

Calorie Smart*

Mushrooms, we love those little meaty fungi found in fairytales. We love them so much that we're bringing the magic out of the book and straight to your table! Pack them into a risoni with leek and courgette cooked in a creamy sauce. To finish with a happily-ever-after let's sprinkle over some fairy dust - also known as Parmesan cheese!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

in ign concince			
	2 People	4 People	
olive oil*	refer to method	refer to method	
button mushrooms	1 packet	1 packet	
leek	1	2	
courgette	1	2	
garlic	2 cloves	4 cloves	
risoni	1 packet	1 packet	
herb & mushroom seasoning	1 sachet	2 sachets	
butter*	20g	40g	
vegetable stock powder	1 medium sachet	1 large sachet	
cream	½ packet (125ml)	1 packet (250ml)	
rocket leaves	1 small bag	1 medium bag	
white wine vinegar*	drizzle	drizzle	
grated Parmesan cheese	1 medium packet	1 large packet	
diced bacon**	1 packet	1 packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (587Cal)	571kJ (136Cal)
Protein (g)	18.4g	4.3g
Fat, total (g)	36.4g	8.5g
- saturated (g)	22.7g	5.3g
Carbohydrate (g)	42.8g	10g
- sugars (g)	8.1g	1.9g
Sodium (mg)	987mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3041kJ (726Cal)	633kJ (151Cal)
Protein (g)	26.4g	5.5g
Fat, total (g)	48.5g	10.1g
- saturated (g)	27.1g	5.6g
Carbohydrate (g)	42.8g	8.9g
- sugars (g)	8.2g	1.7g
Sodium (mg)	1386mg	289mg

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







Get prepped

- · Boil the kettle.
- Thinly slice button mushrooms and leek.
- Slice courgette into half-moons. Finely chop garlic.



Cook the veggies

- While risoni is cooking, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook mushrooms and leek, until browned and softened, 5-6 minutes.
- Add courgette and cook until tender, 3-4 minutes. Add garlic, herb & mushroom seasoning and the butter, cooking until fragrant, 1 minute.
- Reduce heat to low, add vegetable stock powder, cream (see ingredients), reserved pasta water and cooked risoni. Cook until slightly thickened,
 1-2 minutes. Remove from the heat and season with pepper.

TIP: Add an extra splash of water if the mixture looks too thick.

Custom Recipe: If you've added diced bacon, cook the bacon with the mushrooms and leek, until browned, 5-6 minutes.



Cook the risoni

- Pour boiling water into a large saucepan with a pinch of **salt**.
- Add risoni to boiling water and cook, over high heat, until 'al dente',
 7-8 minutes.
- Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people), then
 drain and return risoni to saucepan with a drizzle of olive oil.



Serve up

- In a medium bowl, combine rocket leaves, a drizzle of white wine vinegar and a pinch of salt.
- Divide creamy mushroom and leek risoni between bowls. Top with dressed rocket and grated Parmesan cheese. Enjoy!

Rate your recipe

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