



Creamy Mushroom & Leek Risoni

with Rocket & Parmesan

Grab your Meal Kit with this symbol



Button Mushrooms



Leek



Courgette



Garlic



Risoni



Herb & Mushroom Seasoning



Vegetable Stock Powder



Cream



Rocket Leaves



Grated Parmesan Cheese



Diced Bacon

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



Calorie Smart*

*Custom Recipe is not 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	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

2023 | CW36



1



Get prepped

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

3



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.

2



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**.

4



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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