

One-Pot Mushroom & Leek Risotto

with Parmesan & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Button Mushrooms



Carrot



Arborio Rice



Garlic Paste



Aussie Spice Blend



Vegetable Stock Powder



Lemon



Cream



Grated Parmesan Cheese



Parsley



Diced Bacon

Recipe Update

Unfortunately, this week's portabello mushrooms were in short supply, so we've replaced them with button mushrooms. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **10-20 mins**
Ready in: **30-40 mins**

Mushrooms, we love those little meaty fungi found in fairytales so much that we're bringing the magic out of the book and straight to your table! Pack them into a risotto with leek and carrot 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

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 (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
button mushrooms	1 packet	1 packet
carrot	1	2
arborio rice	1 packet	1 packet
garlic paste	1 medium packet	2 medium packets
Aussie spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 large sachet	2 large sachets
water*	2½ cups	5 cups
lemon	½	1
cream	½ packet (125ml)	1 packet (250ml)
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3750kJ (896Cal)	695kJ (166Cal)
Protein (g)	19.2g	3.6g
Fat, total (g)	49.2g	9.1g
- saturated (g)	32.1g	5.9g
Carbohydrate (g)	89.4g	16.6g
- sugars (g)	11.3g	2.1g
Sodium (mg)	1897mg	352mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4335kJ (1036Cal)	735kJ (175Cal)
Protein (g)	27.2g	4.6g
Fat, total (g)	61.3g	10.4g
- saturated (g)	36.6g	6.2g
Carbohydrate (g)	89.5g	15.2g
- sugars (g)	11.4g	1.9g
Sodium (mg)	2296mg	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

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Get prepped

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



Finish the risotto

- Slice **lemon** into wedges.
- When risotto is done, stir through **cream (see ingredients)** and a squeeze of **lemon juice**. Season to taste.

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: Transfer rice mixture to a baking dish if your saucepan is not ovenproof.

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



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

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