



Hearty Mushroom & Spinach Risotto

with Almonds, Garden Salad & Truffle Oil

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Flaked Almonds



Cucumber



Tomato



Salad Leaves



Plant-Based Grated Cheese



Truffle Oil

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!



Mild Chorizo

Prep in: 20-30 mins
Ready in: 40-50 mins

This comforting mushroom risotto becomes rich and full of flavour with sharp grated Parmesan. Add a crisp cucumber salad and toasted almonds to perfectly round out the meal.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
mushrooms	1 packet	2 packets
butter*	30g	60g
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
flaked almonds	2 packets	4 packets
cucumber	1 (medium)	1 (large)
tomato	1	2
balsamic vinegar*	½ tbs	1 tbs
honey*	1 tsp	2 tsp
salad leaves	1 medium bag	1 large bag
plant-based grated cheese	½ packet	1 packet
truffle oil	½ bottle	1 bottle
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3073kJ (734Cal)	642kJ (153Cal)
Protein (g)	14.4g	3g
Fat, total (g)	32.9g	6.9g
- saturated (g)	14.6g	3g
Carbohydrate (g)	93.2g	19.5g
- sugars (g)	9.9g	2.1g
Sodium (mg)	1567mg	327mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4353kJ (1040Cal)	752kJ (180Cal)
Protein (g)	32.5g	5.6g
Fat, total (g)	58.2g	10.1g
- saturated (g)	24.3g	4.2g
Carbohydrate (g)	95.2g	16.4g
- sugars (g)	9.9g	1.7g
Sodium (mg)	2457mg	424mg

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

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **onion** and **garlic**. Thinly slice **mushrooms**.

Custom Recipe: If you've added mild chorizo, roughly chop the chorizo.



Prep the salad

- Meanwhile, wash and dry the frying pan, then return to a medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.
- Thinly slice **cucumber**. Roughly chop **tomato**.
- In a medium bowl, combine the **balsamic vinegar**, **honey** and a small drizzle of **olive oil**, then season with **salt** and **pepper**.
- Add **tomato**, **cucumber** and half the **salad leaves** to the dressing. Set aside.



Start the risotto

- In a large frying pan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **onion** and **mushrooms**, stirring, until tender, **5-6 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: Cook the chorizo with the onion and mushrooms until browned, 5-6 minutes.



Finish the risotto

- When the risotto is done, stir through **plant-based grated cheese (see ingredients)**, remaining **butter** and remaining **salad leaves**. Season to taste.

TIP: Stir through a splash of water if the risotto looks dry.



Bake the risotto

- Add the **water** and **vegetable stock powder** to the rice and bring to the boil.
- Transfer the **risotto** to a baking dish, then cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' means the rice is cooked through but still has a bit of firmness in the middle.



Serve up

- Toss the salad to combine.
- Drizzle some **truffle oil** over the risotto.
- Divide mushroom and spinach risotto between bowls.
- Garnish with almonds. Serve with cucumber and tomato salad. Enjoy!

TIP: Truffle has a strong flavour, add more or less depending on taste.

Rate your recipe

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