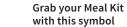


Hearty Mushroom & Spinach Risotto with Almonds, Garden Salad & Truffle Oil

CLIMATE SUPERSTAR











Mushrooms



Garlic & Herb

Seasoning





Arborio Rice







Cucumber

Flaked Almonds





Tomato

Salad Leaves



Plant-Based **Grated Cheese**





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!



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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1 (medium)	1 (large)		
garlic	1 cloves	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

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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.



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.



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.



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.



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.



Serve up

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

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



Did we make your tastebuds happy?
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