



Bacon, Mushroom & Parmesan Risotto

with Garden Salad

HALL OF FAME

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Courgette



Button Mushrooms



Garlic



Parsley



Diced Bacon



Garlic & Herb Seasoning



Arborio Rice



Chicken-Style Stock Powder



Carrot



Tomato



Mixed Salad Leaves



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins

Risotto is so delicious, but the prospect of all that stirring can sometimes be a bit daunting! Our version lets you put your risotto in the oven and forget about it until it's time to eat. All the creamy, luxurious texture with none of the elbow work!

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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
courgette	1	2
button mushrooms	1 packet	1 packet
garlic	2 cloves	4 cloves
parsley	½ bag	1 bag
diced bacon	1 packet	1 packet
butter*	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
carrot	1	2
tomato	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
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)	3120kJ (746Cal)	579kJ (138Cal)
Protein (g)	24.6g	4.6g
Fat, total (g)	33.4g	6.2g
- saturated (g)	17.7g	3.3g
Carbohydrate (g)	84.4g	15.7g
- sugars (g)	7.9g	1.5g
Sodium (mg)	1529mg	284mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3705kJ (886Cal)	629kJ (150Cal)
Protein (g)	32.6g	5.5g
Fat, total (g)	45.6g	7.7g
- saturated (g)	22.2g	3.8g
Carbohydrate (g)	84.5g	14.3g
- sugars (g)	7.9g	1.3g
Sodium (mg)	1928mg	327mg

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](https://www.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



2024 | CW06



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **courgette** into bite-sized chunks. Thinly slice **button mushrooms**. Finely chop **garlic**. Roughly chop **parsley** (see ingredients).



Prep the salad

- While the risotto is baking, grate **carrot**. Roughly chop **tomato**.
- In a medium bowl, combine a drizzle of **vinegar** and **olive oil**, then season with **salt** and **pepper**. Add **mixed salad leaves**, **carrot** and **tomato**. Set aside.



Start the risotto

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **courgette**, **mushrooms** and half the **butter** and cook, stirring, until tender, **4-6 minutes**.
- Add **garlic**, **parsley** (see ingredients), **garlic & herb seasoning** and **arborio rice**, then cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: If you've doubled your diced bacon, cook in batches for best results!



Finish the risotto

- When the risotto is done, stir through **grated Parmesan cheese** and remaining **butter**. Season to taste.

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



Bake the risotto

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

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



Serve up

- Toss salad to combine.
- Divide bacon, mushroom and Parmesan risotto between bowls.
- Serve with garden salad. Enjoy!

Rate your recipe

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