



Creamy Mushroom & Courgette Risoni

with Baby Leaves & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Button Mushrooms



Leek



Courgette



Garlic



Risoni



Herb & Mushroom Seasoning



Vegetable Stock Powder



Cream



Baby Leaves



Grated Parmesan Cheese



Chicken Breast

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



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

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 medium packet	1 large packet
leek	1	2
courgette	1	2
garlic	2 cloves	4 cloves
risoni	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2452kJ (586Cal)	570kJ (136Cal)
Protein (g)	18.3g	4.3g
Fat, total (g)	36.3g	8.4g
- saturated (g)	22.7g	5.3g
Carbohydrate (g)	42.9g	10g
- sugars (g)	8.2g	1.9g
Sodium (mg)	994mg	231mg
Dietary Fibre (g)	5.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3224kJ (771Cal)	531kJ (127Cal)
Protein (g)	57.3g	9.4g
Fat, total (g)	39.6g	6.5g
- saturated (g)	23.7g	3.9g
Carbohydrate (g)	43.9g	7.2g
- sugars (g)	8.3g	1.4g
Sodium (mg)	1129mg	186mg
Dietary fibre	5.9g	1g

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

2024 | CW18



Get prepped

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

Custom Recipe: If you've added chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.



Cook the veggies

- While risoni is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. 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**, and cook 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 minute**. Remove from the heat and season with **pepper**.

TIP: Add an extra splash of water if the mixture looks too thick.

Custom Recipe: Before cooking mushrooms and leek, heat the frying pan as above. Cook chicken until cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a plate and continue with recipe as above.



Cook the risoni

- Pour boiling water into a large saucepan with a pinch of **salt**.
- Cook **risoni** in boiling water, 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 the saucepan with a drizzle of **olive oil**.



Serve up

- While the veggies are cooking, combine **baby leaves**, a drizzle of **white wine vinegar** and a pinch of **salt** in a medium bowl.
- Divide creamy mushroom and leek risoni between bowls. Top with dressed baby leaves and **grated Parmesan cheese** to serve. Enjoy!

Custom Recipe: Slice chicken. Top risoni with chicken to serve.

Rate your recipe

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