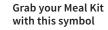


Creamy Mushroom & Courgette Risoni with Baby Leaves & Parmesan

CLIMATE SUPERSTAR











Button Mushrooms





Courgette







Herb & Mushroom Seasoning



Vegetable Stock



Powder



Baby Leaves



Grated Parmesan Cheese





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

Eat Me Early*

*Custom Posing

*Custom Recipe only

Calorie Smart[^]

Calorie Smart

^Custom Recipe is not

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!

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

ingi caici ico			
	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







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.

Did we make your tastebuds happy?
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