



# Hearty Mushroom Risotto

with Flaked Almonds & Garden Salad

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Onion



Garlic



Button Mushrooms



Garlic & Herb Seasoning



Risotto-Style Rice



Vegetable Stock Powder



Flaked Almonds



Cucumber



Tomato



Baby Leaves



Grated Parmesan Cheese



Mild Chorizo

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



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
garlic	1 clove	2 cloves
button mushrooms	1 medium packet	1 large packet
<b>butter*</b>	30g	60g
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
<b>water*</b>	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
flaked almonds	1 packet	2 packets
cucumber	1 (medium)	1 (large)
tomato	1	2
<b>balsamic vinegar*</b>	2 tsp	1 tbs
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2574kJ (615Cal)	488kJ (117Cal)
Protein (g)	18.4g	3.5g
Fat, total (g)	20.2g	3.8g
- saturated (g)	11.6g	2.2g
Carbohydrate (g)	88.1g	16.7g
- sugars (g)	9.9g	1.9g
Sodium (mg)	1480mg	281mg
Dietary Fibre (g)	8.8g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3854kJ (921Cal)	615kJ (147Cal)
Protein (g)	36.5g	5.8g
Fat, total (g)	45.5g	7.3g
- saturated (g)	21.3g	3.4g
Carbohydrate (g)	90.1g	14.4g
- sugars (g)	10.9g	1.7g
Sodium (mg)	2370mg	378mg
Dietary fibre	8.8g	1.4g

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 | CW18



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## Get prepped

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

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

4



## Prep the salad

- Meanwhile, wipe out frying pan and return to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.
- Thinly slice **cucumber** (see ingredients). 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 **baby leaves** to the dressing. Set aside.

2



## 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 **risotto-style rice** and cook, stirring, until fragrant, **1-2 minutes**.

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

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## Finish the risotto

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

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

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## 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.

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## Serve up

- Toss garden salad to combine.
- Divide mushroom risotto between bowls.
- Garnish with toasted almonds. Serve with garden salad. Enjoy!

## Rate your recipe

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