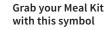


Hearty Mushroom Risotto with Flaked Almonds & Garden Salad

CLIMATE SUPERSTAR













Button Mushrooms

Garlic & Herb Seasoning



Risotto-Style

Vegetable Stock Powder







Flaked Almonds





Tomato

Baby Leaves



Cheese



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.

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

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1/2	1		
garlic	1 clove	2 cloves		
button mushrooms	1 medium packet	1 large packet		
butter*	30g	60g		
garlic & herb seasoning	1 medium sachet	1 large sachet		
risotto-style rice	1 packet	2 packets		
water*	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		
balsamic vinegar*	2 tsp	1 tbs		
honey*	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 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

- 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.



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.



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, 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.



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.



Serve up

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



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