



Herby Mushroom Baked 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



Diced Bacon

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
onion	½	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
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2537kJ (606Cal)	561kJ (134Cal)
Protein (g)	17.8g	3.9g
Fat, total (g)	20.1g	4.4g
- saturated (g)	11.6g	2.6g
Carbohydrate (g)	87.2g	19.3g
- sugars (g)	9g	2g
Sodium (mg)	1473mg	326mg
Dietary Fibre (g)	8.5g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	622kJ (149Cal)
Protein (g)	25.8g	5.1g
Fat, total (g)	32.3g	6.4g
- saturated (g)	16.1g	3.2g
Carbohydrate (g)	87.3g	17.4g
- sugars (g)	9.1g	1.8g
Sodium (mg)	1872mg	373mg
Dietary fibre	8.5g	1.7g

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.



Get prepped

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



Prep the salad

- Meanwhile, wipe out and return frying pan to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.
- Thinly slice **cucumber**. 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.



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: If you've added diced bacon to your recipe, cook bacon along with mushrooms, breaking it up with a spoon, until golden, 5-6 minutes.



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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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