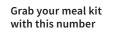


# One-Pot Mushroom & Leek Risotto

with Parmesan & Parsley

WINTER WARMERS

HELLOHERO







Carrot













Lemon

**Grated Parmesan** 

Vegetable Stock Powder





Parsley









Mushrooms, we love those little meaty fungi found in fairytales so much that we're bringing the magic out of the book and straight to your table! Pack them into a risotto with leek and carrot 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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 ovenproof saucepan · Large frying pan

#### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
leek	1	2	
button mushrooms	1 medium packet	2 medium packets	
carrot	1	2	
risotto-style rice	1 packet	2 packets	
garlic paste	1 medium packet	2 medium packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
vegetable stock powder	1 large sachet	2 large sachets	
water*	2½ cups	5 cups	
lemon	1/2	1	
cream	½ packet	1 packet	
grated Parmesan cheese	1 medium packet	1 large packet	
parsley	1 packet	1 packet	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3808kJ (910cal)	345kJ (82cal)
Protein (g)	19.3g	1.7g
Fat, total (g)	49.7g	4.5g
- saturated (g)	32.1g	2.9g
Carbohydrate (g)	90.4g	8.2g
- sugars (g)	11.4g	1g
Sodium (mg)	1910mg	173mg
Dietary Fibre (g)	7.7g	0.7g

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. Boil the kettle.
- · Thinly slice leek and button mushrooms.
- Thinly slice carrot into rounds.



#### Finish the risotto

- · Slice lemon into wedges.
- When risotto is done, stir through cream (see ingredients), a squeeze of lemon juice and season to taste.

**TIP:** If the risotto is dry, add a splash of water and stir through.



#### Bake the risotto

- Heat a large ovenproof saucepan over medium-high heat with a drizzle of olive oil. Cook leek, mushrooms and carrot, stirring, until softened, 7-8 minutes.
- Add risotto-style rice, garlic paste and garlic & herb seasoning and cook until fragrant, 1-2 minutes.
- Add vegetable stock powder and the water. Stir to combine and bring to the boil. Cover tightly with a lid (or foil), then transfer to the oven and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.
TIP: Use a baking dish if you don't have an ovenproof saucepan or pot.

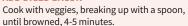


## Serve up

- Divide creamy mushroom and leek risotto between bowls.
- Top with grated Parmesan cheese. Tear over parsley.
- Serve with any remaining lemon wedges. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

