

One-Pot Mushroom & Leek Risotto

with Parmesan & Parsley

HELLOHERO

Grab your meal kit with this number

19



Leek



Button Mushrooms



Carrot



Risotto-Style Rice



Garlic Paste



Aussie Spice Blend



Vegetable Stock Powder



Lemon



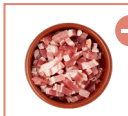
Cream



Grated Parmesan Cheese



Parsley



Diced Bacon



Grated Parmesan Cheese

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

Mushrooms, we love those little meaty fungi found in fairytales so much that we're bringing the magic out of the book 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 with a lid (or foil)

Ingredients

	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 medium packet	2 medium packets
garlic paste	1 medium packet	2 medium packets
Aussie spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 large sachet	2 large sachets
water*	2½ cups	5 cups
lemon	½	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

- Meanwhile, slice **lemon** into wedges.
- When risotto is done, stir through **cream (see ingredients)** and a squeeze of **lemon juice**, then 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 **Aussie spice blend**, then 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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



CUSTOM OPTIONS



ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 7-8 minutes.



DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

