



Creamy Mushroom & Courgette Risoni

with Baby Leaves & Parmesan

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Button Mushrooms



Leek



Courgette



Garlic



Risoni



Herb & Mushroom Seasoning



Vegetable Stock Powder



Cream



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Mushrooms, we love those little meaty fungi found in fairytales. We love them so much that we're bringing the magic out of the book and straight to your table! Pack them into a risoni with leek and courgette 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, Butter, White Wine Vinegar

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
button mushrooms	1 medium packet	1 large packet
leek	1	2
courgette	1	2
garlic	2 cloves	4 cloves
risoni	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2558kJ (611Cal)	709kJ (169Cal)
Protein (g)	24.9g	6.9g
Fat, total (g)	30.6g	8.5g
- saturated (g)	7.8g	2.2g
Carbohydrate (g)	54.4g	15.1g
- sugars (g)	9.9g	2.7g
Sodium (mg)	1659mg	460mg
Dietary Fibre (g)	8.8g	2.4g

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 | CW45



1



Get prepped

- Boil the kettle.
- Thinly slice **button mushrooms** and **leek**.
- Slice **courgette** into half-moons. Finely chop **garlic**.

3



Cook the veggies

- While risoni is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** and **leek**, until browned and softened, **5-6 minutes**. Add **courgette** and cook until tender, **3-4 minutes**.
- Add **garlic**, **herb & mushroom seasoning** and the **butter**, and cook until fragrant, **1 minute**.
- Reduce heat to low, add **vegetable stock powder**, **cream** (see ingredients), **reserved pasta water** and **cooked risoni**. Cook until slightly thickened, **1-2 minute**. Remove from the heat and season with **pepper**.

TIP: Add an extra splash of water if the mixture looks too thick.

CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHICKEN BREAST

Thinly slice into strips. Before cooking veggies, cook chicken breast, 4-6 minutes. Stir through with cooked risoni.

2



Cook the risoni

- Half-fill a large saucepan with **boiling water**, then add a pinch of **salt**.
- Cook **risoni** in boiling water, over high heat, until "al dente", **7-8 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **risoni** to the saucepan with a drizzle of **olive oil**.

4



Serve up

- Meanwhile, combine **baby leaves**, a drizzle of **white wine vinegar** and a pinch of salt in a medium bowl.
- Divide creamy mushroom and leek risoni between bowls.
- Top with dressed baby leaves and a sprinkle of **grated Parmesan cheese** to serve. Enjoy!

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

