

Creamy Pork & Leek Risotto

with Parmesan & Lemon

Grab your Meal Kit with this symbol



Leek



Lemon



Pork Mince



Arborio Rice



Garlic Paste



Garlic & Herb Seasoning



Longlife Cream



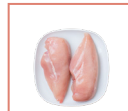
Chicken-Style Stock Powder



Salad Leaves



Grated Parmesan Cheese



Chicken Breast

Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Eat Me Early*
 *Custom Recipe Only

If you haven't tried pork in a risotto before, well, what can we say – you're missing out! Give it a go with this easy baked risotto, also studded with leek, gooey Parmesan and silky salad leaves.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
lemon	½	1
pork mince	1 packet	1 packet
arborio rice	1 packet	1 packet
garlic paste	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
boiling water*	1½ cups	3 cups
butter*	20g	40g
salad leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4110kJ (982Cal)	907kJ (217Cal)
Protein (g)	41.5g	9.2g
Fat, total (g)	49g	10.8g
- saturated (g)	28.3g	6.2g
Carbohydrate (g)	92.3g	20.4g
- sugars (g)	7.3g	1.6g
Sodium (mg)	1998mg	441mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4869kJ (1164Cal)	794kJ (190Cal)
Protein (g)	74g	12.1g
Fat, total (g)	54.7g	8.9g
- saturated (g)	29.9g	4.9g
Carbohydrate (g)	92.3g	15.1g
- sugars (g)	7.3g	1.2g
Sodium (mg)	2097mg	342mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW18



Get prepped

Boil the kettle. Preheat oven to **240°C/220°C fan-forced**. Slice **leek** into rounds. Slice **lemon** into wedges.

CUSTOM RECIPE

If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Cook the mince & veggies

In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince** and **leek**, breaking up mince with a spoon, until just browned, **4-5 minutes**.

CUSTOM RECIPE

Before cooking pork mince and leek, cook chicken, tossing, until browned and cooked through, 4-6 minutes. Transfer to a bowl. Continue with step.



Start the risotto

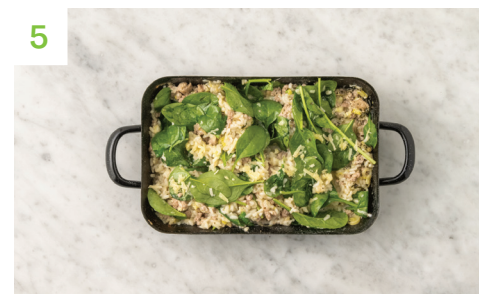
Add **arborio rice**, **garlic paste** and **garlic & herb seasoning** to the **pork** and cook, stirring, until fragrant, **1 minute**. Remove from heat, then add **longlife cream** (see ingredients), **chicken-style stock powder** and the **boiling water** (1 1/2 cups for 2 people / 3 cups for 4 people). Season with **salt** and **pepper**. Stir to combine.



Bake the risotto

Transfer **risotto mixture** to a baking dish. Cover tightly with foil and bake until liquid has been absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Finish the risotto

When the risotto is done, stir through the **butter**, **salad leaves**, 1/2 the **grated Parmesan cheese** and a squeeze of **lemon juice**. Season to taste.

TIP: Add a dash of water to the risotto if it looks a little dry.

CUSTOM RECIPE

Stir cooked chicken through the risotto.



Serve up

Divide creamy pork and leek risotto between bowls. Sprinkle over remaining Parmesan cheese. Serve with any remaining lemon wedges.

Enjoy!