



# Easy Creamy Pork Risotto

with Lemon & Parmesan

Grab your Meal Kit with this symbol



Carrot



Lemon



Pork Mince



Arborio Rice



Garlic Paste



Garlic & Herb Seasoning



Longlife Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese

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

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 rounds of carrot, gooey Parmesan and silky baby spinach.

### 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
carrot	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
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4215kJ (1007Cal)	880kJ (210Cal)
Protein (g)	40.7g	8.5g
Fat, total (g)	48.5g	10.1g
- saturated (g)	28g	5.8g
Carbohydrate (g)	99g	20.7g
- sugars (g)	9g	1.9g
Sodium (mg)	2046mg	427mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Start the risotto

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**. Thinly slice **carrot** into rounds. Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **pork mince** and **carrot**, breaking mince up with a spoon, until just browned, **4-5 minutes**.

3



## Finish the risotto

- When risotto is done, stir through **butter**, **baby spinach leaves**, 1/2 the **grated Parmesan cheese** and a squeeze of **lemon juice**, then season.

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

2



## Bake the risotto

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

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## Serve up

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

Enjoy!