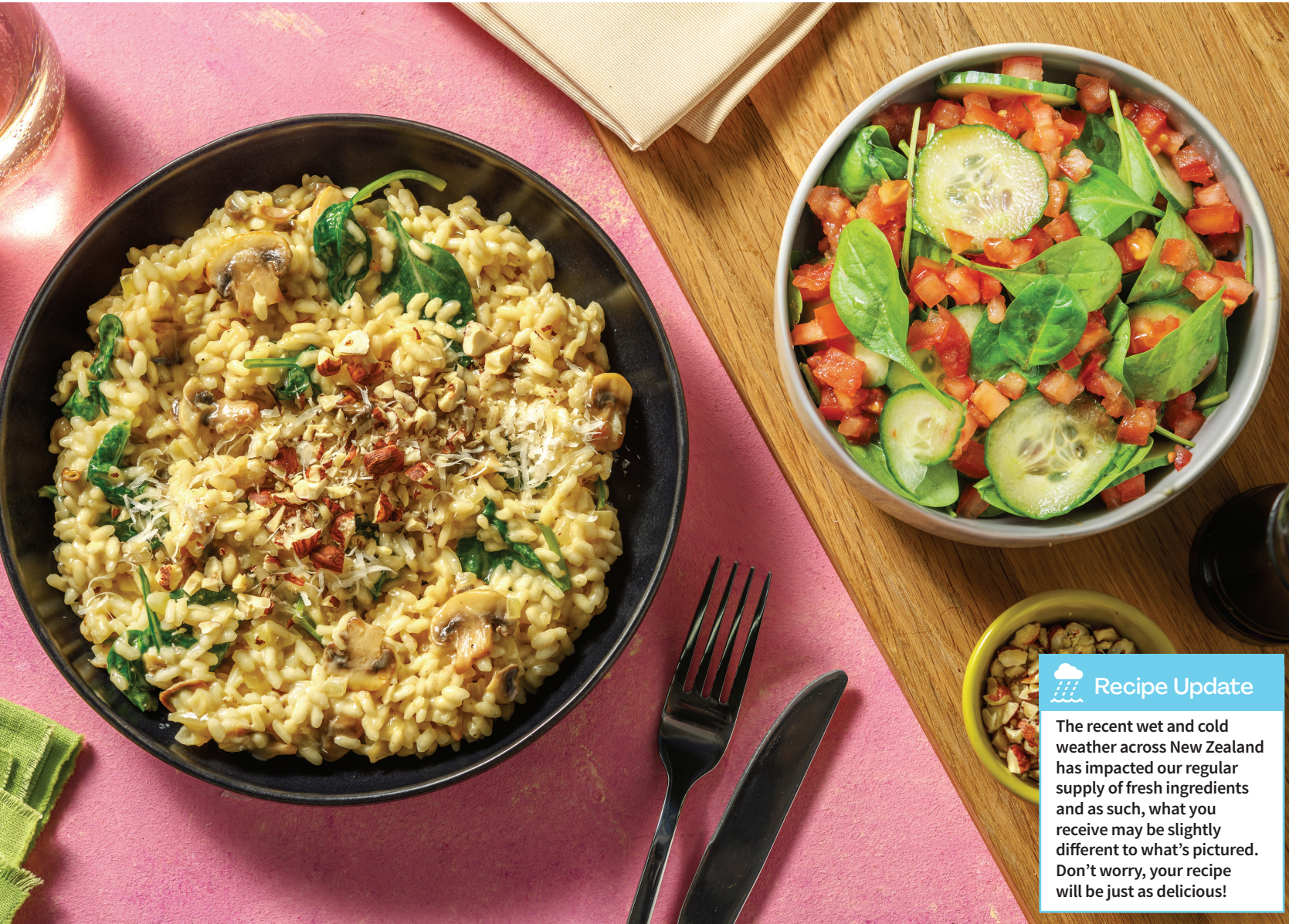


Truffle Mushroom Risotto

with Cucumber & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Button Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Roasted Hazelnuts



Tomato



Cucumber



Baby Spinach Leaves



Grated Parmesan Cheese



Truffle Oil

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Diced Bacon

Prep in: **20-30 mins**
Ready in: **40-50 mins**

This comforting mushroom risotto becomes rich and full of flavour with truffle oil and Parmesan. Add a crisp cucumber salad and roasted hazelnuts to perfectly round out the meal.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

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
onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
button mushrooms	1 packet	1 packet
butter*	30g	60g
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
roasted hazelnuts	1 packet	2 packets
tomato	1	2
cucumber	1 (medium)	1 (large)
balsamic vinegar*	½ tbs	1 tbs
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
truffle oil	½ bottle (12.5g)	1 bottle (25g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3352kJ (801Cal)	693kJ (166Cal)
Protein (g)	20.1g	4.2g
Fat, total (g)	37g	7.6g
- saturated (g)	13.3g	2.7g
Carbohydrate (g)	96.1g	19.9g
- sugars (g)	9.9g	2g
Sodium (mg)	1485mg	307mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3937kJ (941Cal)	738kJ (176Cal)
Protein (g)	28.1g	5.3g
Fat, total (g)	49.1g	9.2g
- saturated (g)	17.7g	3.3g
Carbohydrate (g)	96.1g	18g
- sugars (g)	9.9g	1.9g
Sodium (mg)	1884mg	353mg

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://www.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

2022 | CW45



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **onion** and **garlic**. Thinly slice **button mushrooms**.



Prep the salad

- Meanwhile, roughly chop **roasted hazelnuts** and **tomato**. Thinly slice **cucumber**.
- In a medium bowl, combine the **balsamic vinegar**, **honey** and a small drizzle of **olive oil**, then season with **salt** and **pepper**.
- Add **cucumber**, **tomato** and 1/2 the **baby spinach leaves** to the dressing. Set aside.



Start the risotto

- In a large frying pan, heat 1/2 the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **onion** and **mushrooms**, stirring, until tender, **5-6 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your recipe, cook bacon along with onion and mushrooms, breaking it up with a spoon, until golden, 5-6 minutes.



Finish the risotto

- When the risotto is done, stir through **grated Parmesan cheese**, remaining **butter** and remaining **baby spinach**. Season to taste.

TIP: Stir through a splash of water if the risotto looks dry.



Bake the risotto

- Add the **water** and **vegetable stock powder** to the rice and bring to the boil.
- Transfer the **risotto** to a baking dish, then cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' means the rice is cooked through but still has a bit of firmness in the middle.



Serve up

- Toss the salad to combine. Drizzle some **truffle oil** (see ingredients) over the risotto.
- Divide risotto between bowls and garnish with hazelnuts. Serve with cucumber and tomato salad. Enjoy!

TIP: Truffle has a strong flavour, add more or less depending on taste.

Rate your recipe

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