

Sophie's Truffle Mushroom Risotto

with Cucumber & Apple Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Button Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Roasted Hazelnuts



Cucumber



Apple



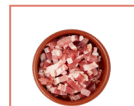
Baby Spinach Leaves



Grated Parmesan Cheese



Truffle Oil



Diced Bacon

 Hands-on: **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 apple 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
brown 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
balsamic vinegar*	½ tbs	1 tbs
honey*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
apple	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
truffle oil	drizzle	drizzle
diced bacon	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	779kJ (186Cal)
Protein (g)	18.7g	4.3g
Fat, total (g)	36.2g	8.3g
- saturated (g)	12.8g	3g
Carbohydrate (g)	96.9g	22.3g
- sugars (g)	9.6g	2.2g
Sodium (mg)	1481mg	341mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3966kJ (948Cal)	820kJ (196Cal)
Protein (g)	26.6g	5.5g
Fat, total (g)	48.4g	10g
- saturated (g)	17.3g	3.6g
Carbohydrate (g)	97g	20g
- sugars (g)	9.6g	2g
Sodium (mg)	1880mg	389mg

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

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Get prepped

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



Prep the salad

While the risotto is baking, finely chop the **roasted hazelnuts**. In a medium bowl, combine the **balsamic vinegar**, **honey** and a small drizzle of **olive oil**, then season with **salt** and **pepper**. Thinly slice the **cucumber** and **apple** (see ingredients). Add the **cucumber**, **apple** 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 a medium-high heat. Cook the **onion** and sliced **mushrooms**, stirring, until tender, **5-6 minutes**. Add the **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 mushrooms, breaking it up with a spoon, until golden, 5-6 minutes.



Finish the risotto

When the risotto is done, stir through the **grated Parmesan cheese** (reserve a pinch for garnish!), 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' rice is cooked through but still slightly firm in the centre.



Serve up

Toss the salad. Drizzle some of the **truffle oil** over the risotto. Divide the risotto between bowls. Garnish with the hazelnuts and reserved Parmesan. Serve with the cucumber and apple salad.

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

Enjoy!