

Baked Mushroom Risotto

with Rocket & Apple Salad

Grab your Meal Kit with this symbol



Brown Onion



Button Mushrooms



Garlic



Arborio Rice



Mushroom Powder



Vegetable Stock Powder



Apple



Pine Nuts



Rocket Leaves



Parsley



Plant-Based Grated Parmesan



Diced Bacon

Hands-on: **30-40 mins**
Ready in: **50-60 mins**

Plant Based*

This simple baked risotto packs two types of mushroom flavours into its cheesy depths, for the ultimate umami hit. Throw in some toasted pine nuts and a peppery rocket salad to give this rich and decadent dish the boost you didn't know it needed.



CUSTOM RECIPE

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

Pantry items

Olive Oil, Plant-Based Butter, Balsamic Vinegar

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)
button mushrooms	1 packet	1 packet
garlic	2 cloves	4 cloves
plant-based butter*	40g	80g
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
mushroom powder	1 medium sachet	2 medium sachets
vegetable stock powder	1 large sachet	2 large sachets
apple	1	2
pine nuts	1 packet	2 packets
balsamic vinegar*	½ tbs	1 tbs
rocket leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag
plant-based grated Parmesan	1 medium packet	2 medium packets
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3008kJ (719Cal)	814kJ (195Cal)
Protein (g)	13.6g	3.7g
Fat, total (g)	29.1g	7.9g
- saturated (g)	13.1g	3.5g
Carbohydrate (g)	94.3g	25.5g
- sugars (g)	7.9g	2.1g
Sodium (mg)	1452mg	393mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3593kJ (859Cal)	856kJ (205Cal)
Protein (g)	21.6g	5.1g
Fat, total (g)	41.2g	9.8g
- saturated (g)	17.6g	4.2g
Carbohydrate (g)	94.3g	22.5g
- sugars (g)	8g	1.9g
Sodium (mg)	1851mg	441mg

The quantities provided above are averages only.

*Custom recipe is not Plant Based

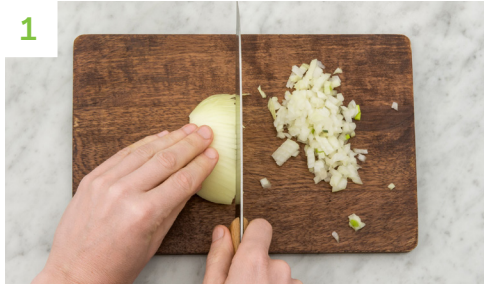
Allergens

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**. Thinly slice the **button mushrooms**. Finely chop the **garlic**.



Prep the salad

When the risotto has **5 minutes** cook time remaining, thinly slice the **apple**. Wipe out the frying pan and return to a medium-high heat. Toast the **pine nuts**, tossing, until golden, **3-4 minutes**. Set aside. In a medium bowl, combine the **balsamic vinegar** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Season with **salt** and **pepper** and mix well. Add the **rocket leaves** and **apple** to the dressing. Set aside.



Start the risotto

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

CUSTOM RECIPE

If you've added diced bacon to your meal, heat the pan as above with 1/2 the butter. Cook the bacon, breaking up with a spoon, until golden, 6-7 minutes. Continue with step.



Finish the risotto

Roughly chop the **parsley**. When the risotto is done, stir through the **plant-based grated Parmesan** and remaining **butter**. Season to taste.



Bake the risotto

Add the **water**, **mushroom powder** and **vegetable stock powder** and bring to the boil. Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid has absorbed and the rice is 'al dente', **24-28 minutes**. Halfway through cooking, stir through a splash of **water**.

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



Serve up

Toss the salad to combine. Divide the mushroom risotto between bowls and serve with the rocket and apple salad. Garnish the salad with the toasted pine nuts. Sprinkle the parsley over the risotto to serve.

Enjoy!