



# Quick Beef Bolognese Risotto

with Cucumber Salad & Parmesan

Grab your Meal Kit with this symbol



Beef Mince



Carrot



Cucumber



Mixed Leaves



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Arborio Rice



Beef-Style Stock Powder



Grated Parmesan Cheese



Balsamic & Olive Oil Dressing

### 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: 10-20 mins  
Ready in: 35-45 mins

Who loves bolognese? We do. Now, who loves risotto? We do too and that's why we've smashed them together to form the ultimate yummy combo for dinner tonight. With seasoned beef served with a relaxing cucumber salad sit back and enjoy this delicious creation.

### 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
beef mince	1 small packet	1 medium packet
carrot	1	2
cucumber	1 (medium)	1 (large)
mixed leaves	1 small bag	1 medium bag
garlic paste	1 packet	1 packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	2 sachets
arborio rice	1 packet	1 packet
boiling water*	2 cups	4 cups
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
butter*	30g	60g
grated Parmesan cheese	1 packet (60g)	2 packets (120g)
balsamic & olive oil dressing	1 bottle (25ml)	2 bottles (50ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4345kJ (1038Cal)	830kJ (198Cal)
Protein (g)	50.4g	9.6g
Fat, total (g)	46.6g	8.9g
- saturated (g)	23.3g	4.5g
Carbohydrate (g)	101.2g	19.3g
- sugars (g)	10.7g	2g
Sodium (mg)	2599mg	496mg

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Meanwhile, grate the **carrot**. Slice the **cucumber**. In a medium bowl, place **cucumber** and **mixed leaves**. Set aside.



## Finish the risotto

- When the risotto is done, stir through the **butter** and 1/2 the **grated Parmesan cheese**. Stir through a splash of **water** if the risotto looks dry. Season to taste.
- Add **balsamic & olive oil dressing** to the bowl with the **salad** and toss to coat.



## Bake the risotto

- To the frying pan with the **beef**, add **carrot**, **garlic paste**, **tomato paste**, **Nan's special seasoning** and **arborio rice** and cook, stirring, until fragrant, **1 minute**.
- Add the **boiling water** (2 cups for 2 people/ 4 cups for 4 people) and **beef-style stock powder** to the pan and bring to the boil.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.



## Serve up

- Divide beef bolognese risotto between bowls.
- Sprinkle with remaining Parmesan cheese.
- Serve with cucumber salad.

## Enjoy!