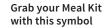
Quick Beef Bolognese Risotto with Cucumber Salad & Parmesan















Cucumber





Tomato Paste

Garlic Paste



Nan's Special



Seasoning



Beef-Style Stock Powder



Grated Parmesan Cheese



Balsamic & Olive Oil Dressing

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

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	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 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!