



Truffle & Mushroom Risotto

with Cucumber & Pear Salad

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Button Mushrooms



Garlic & Herb
Seasoning



Arborio Rice



Vegetable Stock



Parsley



Roasted Hazelnuts



Cucumber



Pear



Baby Spinach
Leaves



Grated Parmesan
Cheese



Truffle Oil

Pantry items

Olive Oil, Butter, Balsamic Vinegar,
Honey



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 cucumber and pear salad and roasted hazelnuts to perfectly round out the meal.

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 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 (150g)	1 packet (400g)
butter*	30g	60g
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	1 sachet	2 sachets
parsley	1 bunch	1 bunch
roasted hazelnuts	1 packet	2 packets
balsamic vinegar*	2 tsp	4 tsp
honey*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
pear	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
truffle oil	drizzle	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (785Cal)	736kJ (176Cal)
Protein (g)	20.2g	4.5g
Fat, total (g)	32.1g	7.2g
- saturated (g)	12.7g	2.9g
Carbohydrate (g)	99.3g	22.3g
- sugars (g)	14.9g	3.3g
Sodium (mg)	1420mg	318mg

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.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **button mushrooms**.



2. Start the risotto

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



3. Bake the risotto

Add the **water** and **vegetable stock** to the frying pan with the rice and bring to the boil. Transfer the **risotto** to a medium baking dish. 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.



4. Make the salad

While the risotto is baking, finely chop the **parsley** leaves and **roasted hazelnuts**. In a medium bowl, combine the **balsamic vinegar**, **honey**, a **small drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients list). Add the **cucumber**, **pear** and **1/2** the **baby spinach leaves** to the bowl with the **dressing** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



5. Finish the risotto

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

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



6. Serve up

Drizzle some of the **truffle oil** over the risotto to taste. Divide the truffle and mushroom risotto between bowls and sprinkle with the parsley and roasted hazelnuts. Serve with the cucumber and pear salad.

TIP: Omit the truffle oil if you're not a fan of the strong flavour.

Enjoy!