

Oven-Baked Goat's Cheese Risotto

with Mushrooms and Rocket

Classic 35-40 Minutes • 1 of your 5 a day













Sliced Mushrooms



Risotto Rice



Vegetable Stock



Wild Mushroom

Goat's Cheese



Grated Hard Italian



Style Cheese



Rocket

Pantry Items Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, saucepan, ovenproof dish and lid. Ingredients

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Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10)	10g	15g	20g
Wild Mushroom Paste	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Goat's Cheese** 7)	75g	120g	150g
Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	318g	100g
Energy (kJ/kcal)	2788 /666	878/210
Fat (g)	27.6	8.7
Sat. Fat (g)	17.3	5.5
Carbohydrate (g)	82.1	25.9
Sugars (g)	8.5	2.7
Protein (g)	21.2	6.7
Salt (g)	2.76	0.87

30g

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

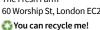
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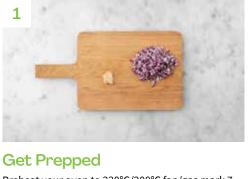
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Preheat your oven to 220°C/200°C fan/gas mark 7. Fill and boil your kettle.

Halve, peel and chop the **onion** into small pieces. Peel and grate the garlic (or use a garlic press).



Fry the Veg

Heat a drizzle of oil in a large ovenproof saucepan on medium heat. TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **sliced mushrooms** and stir-fry until golden, 3-4 mins.

Add the onion and cook, stirring occasionally, until soft, 4-5 mins.



Toast the Rice

Once the veg has softened, season with salt and pepper, then stir in the garlic. Cook for 1 min more.

Stir in the **risotto rice** and cook until the edges of the rice are translucent, 1-2 mins.



Ready, Steady, Bake

Add the **boiled water for the risotto** (see pantry for amount), veg stock paste and wild mushroom paste to the pan. Stir well to combine.

Bring back to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Cheese Please

When the **risotto** is cooked, remove it from the oven and mix in the hard Italian style cheese and **butter** (see pantry for amount).

Season to taste with **salt** and **pepper** if needed. TIP: Add a splash of water to loosen the risotto if needed.



Finish and Serve

Spoon your risotto into bowls and crumble over the goat's cheese.

Top with the **rocket** and a drizzle of **olive oil** to finish.

Enjoy!