



# Bacon and Mushroom Risotto

with Baby Spinach and Cheese

25

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Red Onion



Garlic Clove



Chicken Stock Paste



Bacon Lardons



Sliced Mushrooms



Risotto Rice



Baby Spinach



Grated Hard Italian Style Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Garlic press and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Chicken Stock Paste	10g	15g	20g
Bacon Lardons**	120g	180g	240g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Baby Spinach**	40g	60g	80g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1200ml	1500ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	325g	100g
Energy (kJ/kcal)	2457 /587	756 /181
Fat (g)	18.7	5.8
Sat. Fat (g)	7.8	2.4
Carbohydrate (g)	77.6	23.9
Sugars (g)	5.7	1.8
Protein (g)	25.8	7.9
Salt (g)	3.08	0.95

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
Point™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 8) Egg

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.

## Contact

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## Get Prepped

Halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press).

Pour the **water for the stock** (see pantry for amount) into a medium saucepan on high heat.

Add the **chicken stock paste** and stir to combine.

Bring to the boil, then reduce the heat to the lowest setting to keep the **stock** warm.



## Cook your Risotto

Stir a ladle of your **stock** into the **rice** pan. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time.

The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## Soften the Veg

Meanwhile, heat a drizzle of **oil** in a large, wide-bottomed saucepan on medium heat.

Once hot, add the **bacon lardons** and cook until golden, 3-4 mins.

Add the **mushrooms** and **onion**, then stir-fry until softened, 5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.



## Spinach Time

When the **risotto** has 3 mins left, stir in the **spinach** a handful at a time. Cook for the remaining time until wilted and piping hot.

Once cooked, remove the **risotto** from the heat.  
**TIP:** Add a splash of water to loosen the risotto if needed.

Stir through the **cheese** and a knob of **butter** (if you have any) until melted. Season to taste with **salt** and **pepper**.



## Bring on the Rice

Add the **garlic** to the **veg** and **bacon** pan and cook for 1 min more.

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



## Finish and Serve

Share your **bacon and mushroom risotto** between serving bowls.

Enjoy!