



# Oven-Baked Goat's Cheese Risotto with Mushrooms and Rocket

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

43



Red Onion



Garlic Clove



Sliced Mushrooms



Risotto Rice



Vegetable Stock Paste



Wild Mushroom Paste



Grated Hard Italian Style Cheese



Goat's Cheese



Wild Rocket



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Butter, Olive Oil

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, ovenproof pan, saucepan and lid.

## Ingredients

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 <b>10)</b>	10g	15g	20g
Wild Mushroom Paste	15g	22g	30g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Goat's Cheese** <b>7)</b>	75g	120g	150g
Wild Rocket**	20g	30g	40g
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Risotto*	500ml	750ml	1000ml
Butter*	30g	40g	60g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	318g	100g	363g	100g
Energy (kJ/kcal)	2788 /666	878 /210	3275 /783	904 /216
Fat (g)	27.6	8.7	36.8	10.1
Sat. Fat (g)	17.3	5.5	20.2	5.6
Carbohydrate (g)	82.1	25.9	83.0	22.9
Sugars (g)	8.5	2.7	8.6	2.4
Protein (g)	21.2	6.7	28.9	8.0
Salt (g)	2.76	0.87	3.98	1.10

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.

## Contact

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## Get Prepped

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

Halve, peel and chop the **red 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, wide-bottomed 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.

## CUSTOM RECIPE

If you've chosen to add **lardons** to your meal, add to the pan with the **onion**. Stir-fry until golden, 4-5 mins, then continue as instructed.

**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## 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.



## 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.



## 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!