



Oven-Baked Bacon & Mushroom Risotto with Rocket Salad

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories

25



Onion



Garlic Clove



Sliced Mushrooms



Bacon Lardons



Risotto Rice



Mixed Herbs



Chicken Stock
Paste



Lemon



Wild Rocket



Grated Hard
Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, ovenproof dish, bowl, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2	3	4
Sliced Mushrooms**	120g	180g	240g
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	20g	30g	40g
Lemon**	½	¾	1
Wild Rocket**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2559 /612	725 /173
Fat (g)	20.2	5.7
Sat. Fat (g)	7.5	2.1
Carbohydrate (g)	82.5	23.4
Sugars (g)	8.6	2.4
Protein (g)	24.6	7.0
Salt (g)	3.74	1.06

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

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).



Risotto Time

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

Add the **boiled water for the risotto** (see pantry for amount), **mixed herbs** and the **chicken stock paste**. Stir well to combine.

Bring back up 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.



Weight Watchers



Cook the Mushrooms

Put a large, wide-bottomed ovenproof pan on medium heat with a drizzle of **oil**. **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 **mushrooms** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned, 5-6 mins.

Transfer the **mushrooms** to a bowl and set aside.



Dress the Rocket Salad

Meanwhile, zest and halve the **lemon**.

In a large bowl, combine a squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Just before serving, add the **rocket**, then toss to coat in the **dressing**.



Fry the Bacon

Pop your (now empty) pan back on medium-high heat and add the **onion** and **bacon lardons**.

Cook, stirring occasionally, until the **onion** has softened and the **lardons** are browned, 5-7 mins.
IMPORTANT: *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*

Stir in the **cooked mushrooms** and **garlic**, then cook until the **garlic** is fragrant, 1 min.



Season and Serve

When the **risotto** is ready, remove from the oven. Stir in a knob of **butter** (if you have any) and **three quarters** of the **hard Italian style cheese**. Add a splash of **water** if you feel it needs it.

Stir in a pinch of **lemon zest** and squeeze in some **lemon juice**. Add more **salt**, **pepper** or **lemon zest** and **juice** if needed.

Serve your **bacon and mushroom risotto** topped with the **rocket salad** and remaining **cheese**.

Enjoy!