

Oven-Baked Bacon & Mushroom Risotto



with Rocket Salad

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









Onion



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Sliced Mushrooms



Risotto Rice



Mixed Herbs

Lemon

Bacon Lardons

Rice



Chicken Stock Paste



Wild Rocket



Grated Hard Italian Style Cheese

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**	1/2	3/4	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	Per serving	Per 100g
for uncooked ingredient	353g	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.

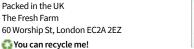
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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).



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.



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.



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.



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.



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 iuice if needed.

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

Enjoy!

