



# Oven-Baked Bacon & Mushroom Risotto with Rocket Salad

**Classic** 40-45 Minutes • 2 of your 5 a day

5



Onion



Garlic Clove



Sliced Mushrooms



Bacon Lardons



Risotto Rice



Mixed Herbs



Chicken Stock Paste



Lemon



Wild Rocket



Grated Hard Italian Style Cheese



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, 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, 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
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	653g	100g	783g	100g
Energy (kJ/kcal)	2554 /610	391 /93	3201 /765	409 /98
Fat (g)	20.2	3.1	22.5	2.9
Sat. Fat (g)	7.5	1.2	8.2	1.0
Carbohydrate (g)	82.5	12.6	82.6	10.5
Sugars (g)	8.6	1.3	8.7	1.1
Protein (g)	24.6	3.8	56.0	7.2
Salt (g)	3.73	0.57	3.93	0.50

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


## 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, cereals containing 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

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

2



## Cook the Mushrooms

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

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

3



## 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.

## CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan with the **garlic**, then allow it to cook through with the **risotto**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

4



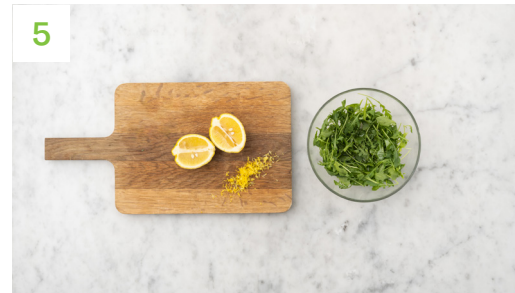
## Risotto Time

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). Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.

5



## Dress the Rocket Salad

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

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**.

6



## 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**. **TIP:** *Add a splash of water to loosen the risotto if needed.*

Stir in a pinch of **lemon zest** and squeeze in some **lemon juice**. Taste and 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!