



# Oven-Baked Goat's Cheese Risotto

with Mushrooms and Rocket

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

41



Onion



Garlic Clove



Sliced Mushrooms



Risotto Rice



Vegetable Stock Paste



Wild Mushroom Paste



Grated Hard Italian Style Cheese



Goat's Cheese



Wild Rocket



Balsamic Glaze



Diced British Chicken Breast

**Pantry Items**

Oil, Salt, Pepper, Butter

**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 and lid.

## Ingredients

Ingredients	2P	3P	4P
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</b> <b>8</b> )	40g	60g	80g
Goat's Cheese** <b>7</b> )	75g	120g	150g
Wild Rocket**	20g	30g	40g
Balsamic Glaze <b>14</b> )	12ml	18ml	24ml
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Risotto*	700ml	1050ml	1400ml
Butter*	30g	40g	60g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>675g</b>	<b>100g</b>	<b>755g</b>	<b>100g</b>
Energy (kJ/kcal)	2830 /676	419 /100	3478 /831	461 /110
Fat (g)	27.6	4.1	29.9	4.0
Sat. Fat (g)	18.0	2.7	18.6	2.5
Carbohydrate (g)	84.9	12.6	85.0	11.3
Sugars (g)	11.0	1.6	11.1	1.5
Protein (g)	21.8	3.2	53.2	7.0
Salt (g)	2.86	0.42	3.06	0.40


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

## Allergens

**7)** Milk **8)** Egg **10)** Celery **14)** Sulphites

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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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).



## 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, 25-30 mins.

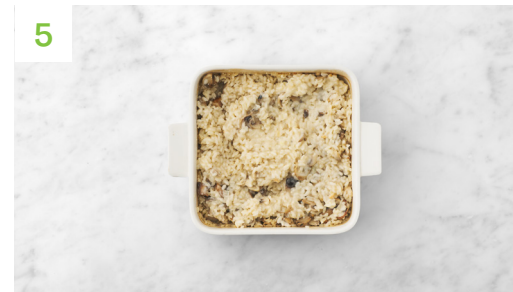


## Fry the Veg

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 **sliced mushrooms** and stir-fry until golden, 3-4 mins.

Add the **onion** and cook, stirring occasionally, until soft, 4-5 mins.



## Cheese Please

When the **risotto** is cooked, remove it from the oven and stir in the **hard Italian style cheese** and **butter** (see pantry for amount).

Taste and season with **salt** and **pepper** if needed. **TIP:** *Add a splash of water to loosen the risotto if needed.*



## Add the Risotto 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.

### CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **garlic**. Fry for the same amount of time, the **chicken** will cook through in the **risotto**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*



## Finish and Serve

Spoon your **risotto** into bowls.

Break up the **goat's cheese** and scatter over the **risotto**.

Top with the **rocket** and drizzle over the **balsamic glaze** to finish.

Enjoy!