



# Stovetop Bacon and Mushroom Risotto

with Baby Spinach and Cheese

Calorie Smart

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

27



Onion



Lemon



Garlic Clove



Chicken Stock Paste



Mixed Herbs



British Smoked Bacon Lardons



Sliced Mushrooms



Risotto Rice



Baby Spinach



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Butter



## 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, measuring jug and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Lemon**	1	1	2
Garlic Clove**	3	5	6
Chicken Stock Paste	20g	30g	40g
Mixed Herbs	1 sachet	2 sachets	2 sachets
British Smoked Bacon Lardons**	90g	150g	180g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Pantry	2P	3P	4P
Boiled Water for the Stock*	800ml	1200ml	1600ml
Butter*	15g	25g	30g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	786g	100g
Energy (kJ/kcal)	2650 /633	337 /81
Fat (g)	22.5	2.9
Sat. Fat (g)	10.9	1.4
Carbohydrate (g)	83.5	10.6
Sugars (g)	7.1	0.9
Protein (g)	25.0	3.2
Salt (g)	3.94	0.5

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, 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.

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

## Contact

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## Get Prepped

Boil a full kettle.

Halve, peel and thinly slice the **onion**. Halve the **lemon**.

Peel and grate the **garlic** (or use a garlic press).

Pour the **boiled water for the stock** (see pantry for amount) into a large measuring jug. Stir in the **chicken stock paste** and **mixed herbs** - this is your **stock**.

*If you prefer oven-baking your risotto, preheat your oven to 220°C/200°C fan/gas mark 7. Use an ovenproof pan and 2p: 600ml, 3p: 900ml, 4p: 1200ml of boiled water.*



## Cook your Risotto

Pour in a **third** of the **stock** and stir to combine.

Bring to the boil and simmer until absorbed, then repeat with the remaining **stock**, a third at a time.

Stir occasionally.

The total cooking time should take 20-25 mins and your **risotto** is done when the **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.

*For oven-baking, pour in all the water at once and cover with a lid or foil. Bake until the water has been absorbed, 25-30 mins.*



## Soften the Veg

Meanwhile, heat a drizzle of **oil** in a large, wide-bottomed saucepan on medium-high heat.

Once hot, add the **bacon lardons** and **sliced onion**. Cook until the **bacon** is golden and the **onion** is softened, 4-5 mins.

Add the **mushrooms**, then stir-fry until softened, 5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*



## Spinach Time

When the **risotto** has 2 mins remaining, stir in the **spinach** a handful at a time. Cook for the remaining time until wilted and piping hot.

Once cooked, remove the **risotto** from the heat. **TIP:** *Add a splash of water to loosen the risotto if needed.*

Stir through the **Italian style cheese** and **butter** (see pantry for amount) until melted. Add a squeeze of **lemon juice**.

Season to taste with **salt, pepper** and more **lemon juice** if needed.



## Bring on the Rice

Add the **garlic** to the **veg** and **bacon** pan and cook for 1 min more.

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



## Serve Up

Serve your **bacon and mushroom risotto** in bowls.

## Enjoy!