



Oven-Baked Bacon & Mushroom Risotto with Rocket Salad

Calorie Smart

40-45 Minutes • 1 of your 5 a day • Under 650 Calories

25



Onion



Garlic Clove



British Smoked
Bacon Lardons



Sliced Mushrooms



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, lid, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1	1
Garlic Clove**	2	3	4
British Smoked Bacon Lardons**	90g	120g	180g
Sliced Mushrooms**	120g	180g	240g
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*	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	Per serving	Per 100g
for uncooked ingredient	653g	100g
Energy (kJ/kcal)	2558 /611	392 /94
Fat (g)	20.2	3.1
Sat. Fat (g)	7.5	1.2
Carbohydrate (g)	83.0	12.7
Sugars (g)	8.0	1.2
Protein (g)	24.6	3.8
Salt (g)	3.73	0.57

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

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).

If you prefer hob cooking your risotto, skip the oven and just use a normal pan.



Risotto Time

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

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

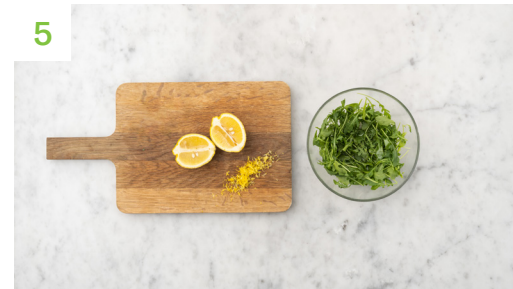
For hob cooking, pour in 2p: 800ml, 3p: 1200ml, 4p: 1600ml of boiled water a third at a time, stirring each time until the stock has been absorbed, 20-25 mins.



Get Cooking

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high 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 **onion**, **bacon lardons** and **mushrooms**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



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**.



Fry Time

Cook, stirring occasionally, until the **onion** has softened and the **lardons** are browned, 5-7 mins. **IMPORTANT:** *Cook lardons thoroughly.*

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



Season and Serve

When the **risotto's** 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** and **lemon zest** and **lemon juice** if needed.

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

Enjoy!