



# Oven-Baked Truffle and Double Mushroom Risotto with Roasted Garlic and Balsamic Glaze

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Veggie

23



Onion



Sliced Mushrooms



Risotto Rice



Vegetable Stock Paste



Wild Mushroom Paste



Garlic Clove



Portobello Mushrooms



Grated Hard Italian Style Cheese



Truffle Zest



Balsamic Glaze

### 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, ovenproof pan, lid, aluminium foil, garlic press, baking tray and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Vegetable Stock Paste	10g	15g	20g
Wild Mushroom Paste	15g	22g	30g
Garlic Clove**	3	5	6
Portobello Mushrooms**	2	3	4
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Balsamic Glaze (14)	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2284/546	351/84
Fat (g)	15.0	2.3
Sat. Fat (g)	9.1	1.4
Carbohydrate (g)	84.7	13
Sugars (g)	10.6	1.6
Protein (g)	16.2	2.5
Salt (g)	2.42	0.37

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

## Allergens

7) Milk 8) Egg 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.

## Contact

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## 1 Chop The Onion

Preheat your oven to 220°C/200°C fan/gas mark 7.

Boil a full kettle.

While it boils, halve, peel and chop the **onion** into small pieces.



## 2 Fry 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 **onion** and **sliced mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

*If you prefer hob cooking your risotto, just use a normal pan.*



## 3 Risotto Time

Add the **risotto rice** to the pan. Stir 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), **vegetable stock paste** and **wild mushroom paste**. **TIP:** *If your wild mushroom paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*

Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake your **risotto** 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.*



## 4 Portobello Road

While the **risotto** bakes, peel and grate a **third** of the **garlic** (or use a garlic press).

Remove the stems from the **portobello mushrooms** and pop them onto a baking tray, cut-side up. Add the **grated garlic**, drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** and **garlic** all over.

Pop the remaining **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Roast the **mushrooms** and **garlic parcel** on the top shelf until tender, 15-18 mins. Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



## 5 Finishing Touches

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

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

Transfer your **cooked portobellos** to a board and slice into strips.



## 6 Serve Up

Spoon your **mushroom risotto** into bowls and top with the **sliced portobello mushrooms**.

Drizzle over the **balsamic glaze** to finish.

## Enjoy!