












Mushroom and Bacon Risotto

with Peas and Leek

27

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



-  Leek
-  Garlic Clove
-  Vegetable Stock Paste
-  Bacon Lardons
-  Sliced Mushrooms
-  Risotto Rice
-  Cider Vinegar
-  Peas
-  Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	1	2
Garlic Clove**	1	1	2
Vegetable Stock Paste 10)	20g	30g	40g
Bacon Lardons**	90g	180g	180g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1200ml	1500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	387g 2465 /589	100g 638 /152
Fat (g)	16.7	4.3
Sat. Fat (g)	6.9	1.8
Carbohydrate (g)	81.8	21.2
Sugars (g)	6.9	1.8
Protein (g)	26.8	6.9
Salt (g)	3.59	0.93

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, 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.

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Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways and thinly slice.

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



Ladle and Stir

Stir a ladle of your **stock** into the **rice** pan. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time.

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

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Start your Risotto

Pour the **water for the stock** (see pantry for amount) into a saucepan. Add the **vegetable stock paste**, then bring to the boil and stir to combine. Lower the heat - you want to just keep the **stock** warm.

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **bacon lardons**, **leek** and **mushrooms**. Cook until softened, 4-6 mins, then add the **garlic** and cook for 1 min more.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Finishing Touches

Once cooked, remove the **risotto** from the heat.

Stir in the **peas**, a knob of **butter** (if you have any) and **three quarters** of the **hard Italian style cheese**. Season to taste with **salt** and **pepper**.



Bring on the Rice

Add the **risotto rice** to the **bacon** and **veg** pan, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Add the **cider vinegar**, stir together, then allow it to evaporate, about 30 secs.



Serve

When ready, serve your **mushroom and bacon risotto** in deep bowls with the remaining **cheese** sprinkled on top.

Enjoy!