



Oven-Baked Bacon & Mushroom Risotto

with Pea Shoot Salad

9

Classic 40-45 Minutes • 2 of your 5 a day



Onion



Garlic Clove



Closed Cup Mushrooms



Bacon Lardons



Risotto Rice



Mixed Herbs



Chicken Stock Paste



Lemon



Grated Hard Italian Style Cheese



Pea Shoots

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

Kettle, garlic press, ovenproof pan, bowl, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2	3	4
Closed Cup Mushrooms**	150g	225g	300g
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	20g	30g	40g
Lemon**	½	¾	1
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Pea Shoots**	40g	40g	80g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2577 /611	664 /159
Fat (g)	20.3	5.2
Sat. Fat (g)	7.5	1.9
Carbohydrate (g)	82.3	21.3
Sugars (g)	8.5	2.2
Protein (g)	24.6	6.5
Salt (g)	4.14	1.06

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, 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.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Fill and boil your kettle.

Halve, peel and chop the **onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).

Thinly slice the **mushrooms**.



Make the Risotto

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

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

Bring back up 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, 20-25 mins.



Cook the Mushrooms

Put a large ovenproof pan on medium heat with a drizzle of **oil**. **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 **mushrooms** and season with **salt** and **pepper**. Cook until browned, stirring occasionally, 5-6 mins. Transfer the **mushrooms** to a bowl and set aside.



Dress the Pea Shoot Salad

Meanwhile, zest and halve the **lemon**.

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**.

Add the pea shoots, then toss to coat.



Fry the Bacon

Pop your (now empty) pan back on medium-high heat and add the **onion** and **bacon lardons**.

Cook, stirring occasionally, until the **onion** has softened and the **lardons** are browned, 5-7 mins.
IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

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



Season and Serve

When the **risotto** is ready, remove from the oven. Stir in a knob of **butter** (if you have any) and **three quarters** of the **hard Italian style cheese**. Add a splash of **water** if you feel it needs it.

Stir in a pinch of **lemon zest** and squeeze in some **lemon juice**. Taste and add more **salt**, **pepper**, **lemon zest** and **juice** if needed.

Serve your **bacon and mushroom risotto** in bowls topped with the **pea shoot salad** and remaining **cheese**.

Enjoy!