



Oven-Baked Risotto with Bacon and Mushroom

Calorie Smart 45 Minutes • Very Hot • 1 of your 5 a day

25



-  Onion
-  Garlic Clove
-  Closed Cup Mushrooms
-  Flat Leaf Parsley
-  Lemon
-  Bacon Lardons
-  Risotto Rice
-  Cider Vinegar
-  Chicken Stock Powder
-  Rocket
-  Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic Press, Saucepan, Bowl, Wooden Spoon, Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Closed Cup Mushrooms**	150g	225g	300g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Boiling Water*	450ml	675ml	900ml
Chicken Stock Powder	2 sachets	3 sachets	3 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	379g	100g
Energy (kJ/kcal)	2571 /615	679 /162
Fat (g)	20	5
Sat. Fat (g)	7	2
Carbohydrate (g)	83	22
Sugars (g)	9	2
Protein (g)	25	7
Salt (g)	3.22	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

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Get Prepped

Preheat your oven to 200°C, 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**. Roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**.



Make the Risotto

Stir in the **mushrooms** and **garlic**, cook until fragrant, 1 minute. Stir in the **risotto rice** then add the **cider vinegar**, allowing it to evaporate completely before adding the **water** (see ingredients for amount) and the **chicken stock powder**. Stir and bring to the boil, then reduce the heat to low. Cover the pan with a lid (or seal it with foil). Pop on the middle shelf of your oven and bake until the **rice** is tender, 20-25 mins.



Cook the Mushrooms

Put a large, ovenproof saucepan on medium-high heat and add a glug of **oil**. Add the **mushrooms** and season with **salt** and **pepper**. Cook until browned, 5-6 mins, then remove to a bowl and pop your pan back on medium-high heat. **TIP:** If you don't have an ovenproof pan, just cook in a normal saucepan then transfer the risotto to an ovenproof dish before the risotto goes in the oven.



Make the Salad

When the **risotto** is ready, remove from your oven and leave it to cool for 5 mins. Meanwhile, make the **salad**. In a large bowl, mix a squeeze of **lemon juice** with the **sugar** (see ingredients for amount) and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Add the **rocket** and toss to dress.



Cook the Bacon

Once the **mushrooms** are out of the pan, pop the pan back on a medium-high heat. Add the **onion** and **bacon lardons** to the pan and cook until the **onion** is soft and the **bacon lardons** are nicely browned, 5-7 mins, stirring occasionally. **IMPORTANT:** Cook the bacon lardons throughout.



Season and Serve

Take the lid off the **risotto** and stir in a knob of **butter** (if you have any) and **three-quarters** of the **hard Italian style cheese**. Add a pinch of **lemon zest**, a little **lemon juice** and the **parsley**. Taste to make sure you are happy with the seasoning - add more **salt**, **pepper** or more **lemon zest** and **juice** if necessary. Serve the **risotto** in bowls with some **salad** on top and a final sprinkling of **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.