

# Oven-Baked Risotto

with Bacon and Mushroom

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











Closed Cup Mushrooms







Flat Leaf Parsley

**Bacon Lardons** 



Risotto Rice



Cider Vinegar





Chicken Stock Powder



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you

# 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<br>Mushrooms**                             | 150g      | 225g      | 300g      |
| Flat Leaf Parsley**                                   | 1 bunch   | 1 bunch   | 1 bunch   |
| Lemon**   | 1/2       | 3/4       | 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<br>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<br>Italian Style<br>Cheese <b>7) 8)**</b> | 40g       | 60g       | 80g       |

<sup>\*</sup>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

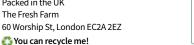
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## **Get Prepped**

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.



### 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.



#### 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.



## 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.



## 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.



## 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.