



# Stovetop Mushroom and Leek Risotto with Mangetout and Walnuts

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories



Leek



Garlic Clove



Walnuts



Wild Mushroom Paste



Vegetable Stock Paste



Sliced Mushrooms



Risotto Rice



Mangetout



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, saucepan and ladle.

## Ingredients

Ingredients	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	1	1	2
Walnuts 2)	20g	40g	40g
Wild Mushroom Paste	15g	22g	30g
Vegetable Stock Paste 10)	10g	15g	20g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Mangetout**	80g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1125ml	1500ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2481/593	743/178
Fat (g)	21.7	6.5
Sat. Fat (g)	9.7	2.9
Carbohydrate (g)	79.6	23.9
Sugars (g)	6.4	1.9
Protein (g)	18.6	5.6
Salt (g)	2.59	0.78

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

2) Nuts 7) Milk 8) Egg 10) Celery

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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## Contact

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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).

Roughly chop the **walnuts** and set aside.



## Fry the Veg

Pour the **water for the stock** (see pantry for amount) into a small saucepan on high heat.

Add the **wild mushroom paste** and **vegetable stock paste**, then stir to combine. Bring to the boil, then reduce the heat to the lowest setting to keep the **stock** warm.

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

Once hot, add the **mushrooms** and **leek** and stir-fry until softened, 5-6 mins.



## Bring on the Rice

Stir the **garlic** into **veg** and cook, stirring frequently, for 1 min more.

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



## Risotto Time

Stir a ladle of your **stock** into the **rice**. 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.



## Add the Mangetout

When the **risotto** has 3-4 mins of cooking time left, stir through the **mangetout** and cook for the remaining time until just tender.

Add a splash of **water** if you feel it needs it.



## Finish and Serve

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

Stir in the **butter** (see pantry for amount) and **hard Italian style cheese**. Season to taste with **salt** and **pepper**.

Serve your **risotto** in bowls and sprinkle over the **walnuts** to finish.

Enjoy!

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