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## Grilled Artichoke, Chestnut Mushroom and Zesty Thyme Risotto

A steamy dish of rich mushrooms, succulent artichokes and citrusy thyme risotto is exactly what the doctor ordered. There are rumours flying around that risotto is difficult to get right. Well, Victoria's made it super easy for you to become the risotto master you've always dreamed of. No time to delay – get cooking!



40 mins



veggie



gluten  
free



healthy



Vegetable Stock Pot (1)



Onion (½)



Garlic Clove (2)



Chestnut Mushrooms  
(1 small punnet)



Thyme (1½ tbsp)



Lemon (½)



Arborio Rice (1 cup)



White Wine Vinegar  
(1 tbsp)



Grilled Artichokes  
(1 pack)



Flat Leaf Parsley  
(5 tbsp)



Hard Italian Vegetarian  
Cheese (4 tbsp)

## Ingredients

	2 PEOPLE	ALLERGENS
Vegetable Stock Pot	1	Celery
Onion, chopped	½	
Garlic Clove, chopped	2	
Chestnut Mushrooms, sliced	1 small punnet	
Thyme	1½ tbsp	
Lemon	½	
Arborio Rice	1 cup	
White Wine Vinegar	1 tbsp	Sulphites
Grilled Artichokes, chopped	1 pack	
Flat Leaf Parsley, chopped	5 tbsp	
Hard Italian Vegetarian Cheese	4 tbsp	Milk

 Our fruit and veggies come fresh from the farm so give them a little wash before using

**Nutrition per serving:** Calories: 468 kcal | Protein: 20 g | Carbs: 76 g | Fat: 9 g | Saturated Fat: 5 g



**1** Bring 800ml of water to a gentle simmer in a pot. Once simmering, add the stock pot and stir until dissolved. **Tip:** Leave the stock on the lowest heat to keep it hot during the whole cooking process.

*slight translucency around the edges of the rice.* Now add the white wine vinegar and bubble for 30 seconds.



**2** Peel and very finely chop half your onion as finely as your knife skills allow. Peel and finely chop your garlic. Roughly slice the chestnut mushrooms. Pull your thyme leaves off their stalks. Grate the zest of your lemon.

**5** Add 2 ladles of stock to the rice and stir it with long, massaging motions. Once the stock is almost soaked in, add another 2 ladles and continue stirring. Continue adding stock and stirring until the rice is cooked (around 25 mins).



**3** Heat 1 tbsp of butter (if you have it) and 1 tbsp of olive oil in a large frying pan on medium-low heat. **Tip:** If you don't have butter, use more olive oil or use the oil from the artichokes for extra flavour. Add the onion to the pan and cook for 3 mins, then add the garlic, mushrooms, thyme and lemon zest and continue to cook until everything is nice and soft. **Tip:** Do not let the onion burn - if it is cooking too fast, add 1 tbsp of water and turn the heat to low.

**6** In the meantime, roughly chop the artichokes and parsley.



**4** Add the risotto rice and stir for 1 minute until the grains are glossy. Turn heat to medium, add ½ tsp of salt and stir. **Tip:** After about 3 mins there should be a

**7** Once the risotto is almost ready add the artichokes and grated cheese to the pan. You want to have a slightly runny consistency so add a little more water to loosen it up if needed. Taste and then add more salt and pepper (we like to add a pinch of salt and ½ tsp of black pepper!). Stir in the parsley and a small squeeze of lemon juice (careful not too much of the latter!). Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!