



Mushroom and Bacon Risotto

with Mangetout and Leek

N° 11

FAMILY Hands on Time: 35 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Leek



Closed Cup Mushrooms



Garlic Clove



Flat Leaf Parsley



Vegetable Stock Powder



Bacon Lardons



Arborio Rice



Cider Vinegar



Mangetout



Unsalted Butter



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Large Saucepan, Large Frying Pan, Ladle and Colander.

Ingredients

	2P	3P	4P
Leek**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 small punnet	1 large punnet
Garlic Clove**	1 clove	1 clove	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Stock*	750ml	1.2ltr	1.5ltr
Vegetable Stock Powder 10)	2 sachets	3 sachets	3 sachets
Bacon Lardons**	60g	90g	120g
Arborio Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Mangetout**	1 pack	1 pack	1 pack
Unsalted Butter 7)**	30g	45g	60g
Hard Italian Style Grated Cheese 7) 8)**	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410g	100g
Energy (kJ/kcal)	2703/646	660/158
Fat (g)	25	6
Sat. Fat (g)	14	3
Carbohydrate (g)	79	19
Sugars (g)	6	2
Protein (g)	25	6
Salt (g)	2.66	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Chop the Veg

Trim the root and the dark green leafy part from the **leek**. Halve lengthways and thinly slice. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



4. Cook the Risotto

Stir a ladle of **hot 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.



2. Soften the Veg

Pour the **water** (see ingredients for amount) into a saucepan. Add the **vegetable stock powder**, then bring to the boil and stir to dissolve. Lower the heat. Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **bacon lardons** and cook until golden, 3-4 mins. **IMPORTANT:** Cook the **bacon throughout**. Add the **mushrooms** and **leek** to the **bacon** and stir-fry until softened, another 5 mins. Add the **garlic** and cook for 1 minute more.



5. Cook the Mangetout

When the **risotto** has 5 mins left, add the **mangetout** to the pan of **boiling water** along with ¼ tsp of **salt**. Cook for 3-4 mins, until just tender, then drain in a colander.



3. Add the Rice

Add the **arborio rice** to the pan and cook over medium-low heat for 3 mins, stirring occasionally. Add the **cider vinegar**, stir together and allow it to evaporate. Bring another saucepan of **water** to the boil for the mangetout.



6. Finish and Serve

Once cooked, remove the **risotto** from the heat. Stir in the **butter**, **half the parsley** and **three quarters of the hard Italian style cheese** along with the **mangetout**. Season to taste with **salt** and **pepper**. Serve your **risotto** in deep bowls with the rest of the **hard Italian style cheese** and **parsley** scattered on top.

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.