



Mushroom and Pancetta Risotto

Rice is a very versatile ingredient, filling and healthy. It is also excellent at taking up any flavours added to it. With lovely mushrooms and crispy pancetta (that's posh bacon to you, kids) it makes for a popular and tasty dinner, or lunch, for all the family. With superfood watercress and brilliant red tomatoes, it all adds to your important five-a-day.

 30 mins

 family box

 gluten free



Leek (1)



Vine Tomato (2)



Chestnut Mushrooms
(1 large punnet)



Arborio Rice
(2 cups)



Vegetable Stock
Pot (1)



Pancetta (3 packs)



Garlic Clove (2)



Mange Tout
(1 pack)



Watercress (1 bag)




Parmesan Cheese
(6 tbsp)

Ingredients

4 PEOPLE ALLERGENS

Leek, chopped	1	
Vine Tomato, chopped	2	
Chesnut Mushrooms, sliced	1 large punnet	
Arborio Rice	2 cups	
Vegetable Stock Pot	1	Celery
Pancetta	3 packs	Sulphites
Garlic Clove, chopped	2	
Mange Tout	1 pack	
Watercress	1 bag	
Parmesan Cheese	6 tbsp	Milk

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

LH Step for little hands

Did you know...

Arborio rice is perfect for both savoury dishes, such as risotto, and sweet dishes, such as rice pudding. Guess we better stock up then!

Nutrition per serving: Calories: 729 kcal | Protein: 79 g | Carbs: 87 g | Fat: 10 g | Saturated Fat: 5 g



1 Cut the little root and green leafy bit off the leeks, slice in half lengthways and chop it into roughly ½cm slices. Chop the **tomatoes** into roughly 3cm pieces and cut the **mushrooms** into slices, set aside.



2 Add 2 tbsp of **oil** to a frying pan on medium heat. Once hot add three-quarters of the **leek** and fry for about 5 mins until just softened.



3 Add the **arborio rice** to the pan and cook over medium-low heat for 3 mins, stirring occasionally. **Tip:** *If you have some leftover white wine, add 4 tbsp now and let the alcohol bubble off for a minute to mellow the flavour!*



4 Add the **vegetable stock pot**, 300ml of **water**, ½ tsp of **salt** and a good grind of **pepper**. Bring to a boil, turn down the heat and simmer for 20 mins, letting the rice absorb the water, before adding more boiling water, a little at a time, until the liquid is absorbed and the rice is cooked. **Tip:** *Boiling water keeps the rice cooking. You will need between 200ml and 300ml of additional water to add during the cooking time. We recommend having a pot of water boiling so you can easily add it in.*

5 Bring another pot of water to the boil in preparation for the **mangetout**. Heat 2 tbsp of **oil** to another frying pan and fry the remaining **leek**, the **pancetta** and the chopped **garlic** cloves for 2-3 mins until browned. Lift out and reserve in a bowl. Add the **mushrooms** to the same pan and fry for 3 mins until softened.

6 Trim off the ends of the **mangetout**. Add to the to the boiling water. Cook for 3 mins, until just tender, drain.

7 When the risotto is nearly ready, add the pancetta mix and mushrooms to the cooked rice and stir together, keeping on low heat until warmed through.

8 LH: *Mix the **tomatoes** and **watercress** together to make a side salad. Grate the **parmesan** and stir half of it into the risotto along with the **mangetout**. Serve your risotto with the rest of the **parmesan** scattered over the top and the salad on the side.*