



# Oven-Baked Bacon & Mushroom Risotto with Rocket Salad

26

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Onion



Garlic Clove



British Smoked  
Bacon Lardons



Sliced Mushrooms



Risotto Rice



Mixed Herbs



Chicken Stock Paste



Lemon



Wild Rocket



Grated Hard  
Italian Style Cheese



Diced British  
Chicken Thigh

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil



### Make it Higher Protein

If you chose to make this recipe higher protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, garlic press, ovenproof pan, lid, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1	1
Garlic Clove**	2	3	4
British Smoked Bacon Lardons**	90g	120g	180g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	20g	30g	40g
Lemon**	½	¾	1
Wild Rocket**	40g	60g	80g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Diced British Chicken Thigh**	240g	390g	480g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>653g</b>	<b>100g</b>	<b>783g</b>	<b>100g</b>
Energy (kJ/kcal)	2555 /611	391 /94	3464 /828	442 /106
Fat (g)	20.2	3.1	32.7	4.2
Sat. Fat (g)	7.5	1.1	11.2	1.4
Carbohydrate (g)	82.5	12.6	82.9	10.6
Sugars (g)	8.0	1.2	8.2	1.0
Protein (g)	24.6	3.8	53.2	6.8
Salt (g)	3.73	0.57	3.99	0.51

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

If you prefer oven-baking your risotto, preheat your oven to 220°C/200°C fan/gas mark 7. Use an ovenproof pan and 2p: 600ml, 3p: 900ml, 4p: 1200ml of boiled water.



## Risotto Time

Stir the **risotto rice** into the pan and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in the **boiled water for the risotto** (see pantry for amount), **mixed herbs** and **chicken stock paste**. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.

For oven-baking, pour in all the water at once and cover with a lid or foil. Bake until the water has been absorbed, 25-30 mins.



## Get Cooking

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **onion**, **bacon lardons** and **mushrooms**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Dress the Rocket Salad

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

In a large bowl, combine a squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Just before serving, add the **rocket**, then toss to coat in the **dressing**.



## Fry Time

Cook, stirring occasionally, until the **onion** has softened and the **lardons** are browned, 5-7 mins. **IMPORTANT:** Cook lardons thoroughly.

Stir in the **garlic**, then cook until the **garlic** is fragrant, 1 min.



## Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to pan with the **bacon**. Fry for the same amount of time, the **chicken** will cook through in the **risotto**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Season and Serve

When the **risotto**'s ready, remove from the oven. Stir in a knob of **butter** (if you have any) and **three quarters** of the **hard Italian style cheese**. **TIP:** Add a splash of water to loosen the risotto if needed.

Stir in a pinch of **lemon zest** and squeeze in some **lemon juice**. Taste and add more **salt**, **pepper** and **lemon zest** and **juice** if needed.

Serve your **bacon and mushroom risotto** topped with the **rocket salad** and remaining **cheese**.

Enjoy!