



Bacon and Mushroom Risotto with Baby Spinach

Calorie Smart 45 Minutes • Under 600 Calories

27



Garlic



Leek



Closed Cup Mushrooms



Flat Leaf Parsley



Vegetable Stock Paste



Bacon Lardons



Risotto Rice



Cider Vinegar



Baby Spinach



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Garlic**	1	1	2
Leek**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Vegetable Stock Paste 10)	20g	30g	40g
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	1 sachets	1 sachets	2 sachets
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Water for Stock*	750ml	1200ml	1500ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2360/564	595/142
Fat (g)	17	4
Sat. Fat (g)	7	2
Carbohydrate (g)	76	19
Sugars (g)	2	1
Protein (g)	26	6
Salt (g)	3.76	0.95

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

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).



Cook the Risotto

Stir in a ladle of your **stock**. 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.



Soften the Veg

Pour the **water** (see ingredients for amount) into a saucepan. Add the **vegetable stock paste**, then bring to the boil and stir to dissolve. Lower the heat - you want to just keep the stock warm. 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:** Wash your hands and equipment after handling raw meat. Cook the **bacon lardons** throughout. Add the **mushrooms** and **leek** to the **bacon lardons** and stir-fry until softened, another 5 mins. Add the **garlic** and cook for 1 minute more.



Cook the Spinach

When the **risotto** has 3 mins left, stir the **spinach** through the to the **risotto** a handful at a time and cook for the remaining **risotto** cook time, until piping hot.



Add the Rice

Add the **risotto rice** to the pan and cook over medium-low heat until the edges of the **rice** are translucent, 2-3 mins, stirring occasionally. Add the **cider vinegar**, stir together and allow it to evaporate, about 30 seconds.



Finish and Serve

Once cooked, remove the **risotto** from the heat. Stir in some **butter** (if you have any), **half** the **parsley** and **three quarters** of the **grated hard Italian style cheese**. Season to taste with **salt** and **pepper**. Serve your **risotto** in deep bowls with the rest of the **grated 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.