



Bacon and Mushroom Risotto with Baby Spinach

Family 40-45 Minutes • 2 of your 5 a day

9



Leek



Closed Cup Mushrooms



Garlic Clove



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!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, ladle and bowl.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	2381/569	533/127
Fat (g)	17	4
Sat. Fat (g)	7	2
Carbohydrate (g)	75	17
Sugars (g)	3	1
Protein (g)	26	6
Salt (g)	3.66	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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, milk, egg, mustard, celery, soya, 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.

Contact

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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 a ladle of your **stock** into the **rice** pan. 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 for the stock** (see ingredients for amount) into a medium saucepan on high heat. Add the **vegetable stock paste** and stir to combine. Bring to the boil, then reduce the heat to the lowest setting to 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. Add the **mushrooms** and **leek**, then stir-fry until softened, 5 mins. Add the **garlic** and cook for 1 min more. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Spinach Time

When the **risotto** has 3 mins left, stir in the **spinach** a handful at a time. Cook for the remaining cooking time until wilted and piping hot, 2-3 mins. **TIP:** Add a splash of water if needed.



Add the Rice

Add the **risotto rice** to the **veg** and **bacon** pan. Stir and cook until the edges of the **rice** are translucent, 1-2 mins. Add the **cider vinegar**, then stir together and allow it to evaporate, about 30 secs.



Finish and Serve

Once cooked, remove the **risotto** from the heat. Stir in a knob of **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 **cheese** and **parsley** scattered on top.

Enjoy!