



Bacon and Mushroom Risotto

with Baby Spinach

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories

25



Onion



Closed Cup Mushrooms



Garlic Clove



Chicken Stock Paste



Bacon Lardons



Risotto Rice



Cider Vinegar



Baby Spinach



Grated Hard Italian Style Cheese

Recipe Update

Due to quality issues with **leek**, you'll instead receive **onion**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, saucepan and ladle.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Garlic Clove**	1	1	2
Chicken Stock Paste	10g	15g	20g
Bacon Lardons**	120g	180g	240g
Risotto Rice	175g	260g	350g
Cider Vinegar 14	15ml	15ml	30ml
Baby Spinach**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1200ml	1500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2465 / 589	709 / 170
Fat (g)	18.8	5.4
Sat. Fat (g)	7.8	2.3
Carbohydrate (g)	77.1	22.2
Sugars (g)	5.8	1.7
Protein (g)	26.1	7.5
Salt (g)	3.50	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

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

Point™ values based on low-cal cooking spray oil

Allergens

7) Milk **8)** Egg **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

Halve, peel and chop the **onion** into small pieces.

Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press).



Cook your 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 pantry for amount) into a medium saucepan on high heat. Add the **chicken 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 **onion**, then stir-fry until softened, 5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** 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.

Add a splash of **water** if needed.



Bring on the Rice

Add the **garlic** to the **veg** and **bacon** pan and cook for 1 min more.

Stir in the **risotto rice** 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) and **three quarters** of the **hard Italian style cheese**. Season to taste with **salt** and **pepper**.

Serve your **bacon and mushroom risotto** in deep bowls with the rest of the **cheese** on top.

Enjoy!



WeightWatchers