



Middle Eastern Risotto

With Zahtar Portobellos & Peppers



HELLO PORTOBELLO

This mushroom's name means 'beautiful door' but it is unknown why it is actually called this!



Vegetable Stock Pot



Echalion Shallot



Garlic Clove



Portobello Mushrooms



Red Pepper



Ras-el-Hanout



Arborio Rice



Zahtar Spice



Unsalted Butter



Feta Cheese

East meets West in this delicious, showstopping risotto. Seasoned with fragrant ras-el-hanout and nutty zaatar, we've given a classic Italian favourite a cheeky flavour twist that seriously pays off. Topped with pan-fried portobello mushrooms, smoky red peppers and crumbled feta, it's hard to find a reason not to love this recipe. Hot tip for a perfect risotto? Be patient! As you gradually add your stock, stir constantly and gently. This will allow the starch to absorb properly, making a creamier and more flavourful sauce.

40 mins

2 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan, Fine Grater** (or **Garlic Press**), two **Frying Pans** and a **Ladle**. Now, let's get cooking!



1 PREP THE STOCK

Boil the **water** (see ingredients for amount) in a large saucepan on high heat. Add the **stock pot** and stir to dissolve. When the **stock** is boiling, reduce the heat to low to keep it warm.



2 SOFTEN THE SHALLOT

Halve, peel and chop the **shallot** into ½cm pieces (or as small as you can). Peel and grate the **garlic** (or use a garlic press). Heat a frying pan over medium heat and add a glug of **oil**. Add the **shallot** and cook until soft, 5 mins.



3 START THE RISOTTO

Meanwhile, cut the **portobello mushrooms** into 1cm thick slices. Halve, then remove the core from the **red pepper** and cut into 1cm slices. When the **shallot** is soft add the **garlic** and **ras-el-hanout**. Cook for 1 minute more, then add the **arborio rice**. Stir well to coat the **rice** in the **spice**, then add a ladle of the hot **stock** to the pan. Keep stirring until this **stock** is absorbed by the **rice**. Add another ladle of **stock**.



4 COOK THE RISOTTO

Keep the pan on medium heat and continue adding **stock** (stirring while it cooks). Let it absorb the **stock** before adding more. The cooking should take 20-25 mins. The **risotto** is done when the **rice** is 'al dente'. **★ TIP:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle. If the **risotto** isn't quite cooked and all the **stock** has gone, add **water** and continue the process until cooked.



5 FRY THE VEGGIES

While the **risotto** is cooking (keep an eye on it), heat a splash of **oil** in another frying pan on high heat. Add the **pepper** and fry until nicely browned and soft, 5 mins. Transfer to a plate when done, then fry the **mushrooms** in the same pan for 5 mins. **★ TIP:** Add another splash of oil to the pan if it needs it. When the **mushrooms** are soft and glossy, season with **salt** and **pepper**, then add the **black pepper** back into the pan.



6 FINISH AND SERVE

Remove the veggies pan from the heat, sprinkle over the **zahtar spice** and keep to one side. When the **risotto** is ready, stir in the **butter** and crumble in **half** the **feta cheese**, taste and add more **salt** and **pepper** if necessary. Serve the **risotto** in deep bowls and top with the **mushrooms** and **black pepper**. Drizzle on any juices from the pan and finish by crumbling over the remaining **feta cheese**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	750ml
Vegetable Stock Pot 10) 14)	1
Echalion Shallot, chopped	1
Garlic Clove, grated	1
Portobello Mushroom, sliced	4
Red Pepper, sliced	1
Ras-el-Hanout	1 tsp
Arborio Rice	175g
Zahtar Spice 3)	1½ tsp
Unsalted Butter 7)	15g
Feta Cheese, crumbled 7)	1 block

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 415G	PER 100G
Energy (kcal)	579	140
(kJ)	2423	584
Fat (g)	20	5
Sat. Fat (g)	13	3
Carbohydrate (g)	78	19
Sugars (g)	8	2
Protein (g)	19	5
Salt (g)	3.84	0.93

ALLERGENS

3) Sesame 7) Milk 10) Celery 14) Sulphites

Zahtar Spice: Sumac, **Sesame Seed**, Thyme, Sea Salt

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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