



# Mushroom & Bacon Risotto

with Mangetout

Calorie Smart 40 Minutes • Under 600 Calories • 2 of your 5 a day

25



Leek



Closed Cup Mushrooms



Garlic Clove



Flat Leaf Parsley



Vegetable Stock Powder



Bacon Lardons



Risotto Rice



Cider Vinegar



Mangetout



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:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Measuring Jug and Two Saucepans.

## Ingredients

	2P	3P	4P
Leek**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove**	1 clove	1 clove	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Stock	750ml	1200ml	1500ml
Vegetable Stock Powder (10)	2 sachets	3 sachets	3 sachets
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Cider Vinegar (14)	1 sachet	1 sachet	2 sachets
Mangetout**	1 small pack	1 large pack	1 large pack
Grated Hard Italian Style Cheese (7) 8)**	1 pack	2 packs	2 packs

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	373g	100g
Energy (kJ/kcal)	2362/565	633/151
Fat (g)	16	4
Sat. Fat (g)	7	2
Carbohydrate (g)	79	21
Sugars (g)	5	1
Protein (g)	25	7
Salt (g)	3.08	0.82

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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HelloFresh UK

Packed in the UK

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You can recycle me!



## 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).



## Soften the Veg

Pour the **water** (see ingredients for amount) into a saucepan. Add the **vegetable stock powder**, 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:** 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.



## 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.



## 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.



## Cook the Mangetout

When the **risotto** has 3 mins left, stir the **mangetout** through the **risotto** and cook for the remaining risotto cook time, until just tender.



## 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 **hard Italian style cheese**. Season to taste with **salt** and **pepper**. Serve your **risotto** in deep bowls with the rest of the **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.