



# Mushroom Risotto

with Bacon Lardons and Green Beans

Family 45 Minutes • 2 of your 5 a day

9



Leek



Closed Cup Mushrooms



Garlic Clove



Flat Leaf Parsley



Green Beans



Vegetable Stock Paste



Bacon Lardons



Risotto Rice



Cider Vinegar



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:

Garlic Press, Saucepan, Measuring Jug and Ladle.

## Ingredient

	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
Green Beans**	80g	150g	150g
Water for the Stock*	750ml	1200ml	1500ml
Vegetable Stock Paste <b>10</b>	20g	30g	40g
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2353/562	609/145
Fat (g)	17	4
Sat. Fat (g)	7	2
Carbohydrate (g)	76	20
Sugars (g)	4	1
Protein (g)	25	6
Salt (g)	3.58	0.93

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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## 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). Trim the **green beans**.



## 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 for the stock** (see ingredients for amount) into a saucepan. Add the **vegetable stock paste**, then bring to the boil and stir to combine. 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. Add the **mushrooms** and **leek** to the **bacon lardons** and stir-fry until softened, another 5 mins. Add the **garlic** and cook for 1 min more. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly.



## Add the Green Beans

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



## Add the Rice

Add the **risotto rice** to the pan with the **bacon** and **veg**, 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 secs.



## 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 **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.