



Stovetop Mushroom & Leek Risotto

with Green Beans and Walnuts

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories

23



Leek



Garlic Clove



Lemon



Walnuts



Green Beans



Mushroom Broth Paste



Vegetable Stock Paste



Sliced Mushrooms



Risotto Rice



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, fine grater and saucepan.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	1	1	2
Lemon**	½	¾	1
Walnuts 2)	20g	40g	40g
Green Beans**	80g	150g	150g
Water for the Stock*	750ml	1125ml	1500ml
Mushroom Broth Paste	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Sliced Mushrooms**	120g	180g	240g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	350g	100g
Energy (kJ/kcal)	2160 /516	617 /147
Fat (g)	13.3	3.8
Sat. Fat (g)	4.6	1.3
Carbohydrate (g)	78.5	22.4
Sugars (g)	5.6	1.6
Protein (g)	19.2	5.5
Salt (g)	2.32	0.66

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 7) Milk 8) Egg 10) Celery

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.

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Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways and thinly slice.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

Roughly chop the **walnuts** and set aside.

Trim and chop the **green beans** into thirds.



Risotto Time

Stir a ladle of your **stock** into the **rice**. 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.



Make the Stock

Pour the **water for the stock** (see ingredients for amount) into a medium saucepan on high heat.

Add the **mushroom broth paste** and **vegetable stock paste**, then stir to combine. Bring to the boil, then reduce the heat to the lowest setting.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **mushrooms** and **leek** and stir-fry until softened, 5-6 mins.



Add the Green Beans

When the **risotto** has 5 mins of cooking time left, stir in the **green beans** and cook for the remaining time until just tender. Add a splash of **water** if you feel it needs it.



Build the Flavour

Stir the **garlic** into **veg** pan and cook, stirring frequently, for 1 min more.

Add the **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finish and Serve

Once cooked, remove the **risotto** from the heat. Stir in some **butter** (if you have any), a squeeze of **lemon juice**, the **walnuts** and **three quarters** of the **hard Italian style cheese**. Season to taste with **salt** and **pepper**.

Serve your **risotto** in deep bowls sprinkled with the **lemon zest** and the remaining **hard Italian style cheese**.

Enjoy!

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