



Truffled Cacio e Pepe Risotto

with Hazelnuts, Rosemary Brussels Sprouts and Parsnip

Festive Flavours 40-45 Minutes • 1 of your 5 a day • Veggie

21



Parsnip



Garlic Clove



Brussels Sprouts



Vegetable Stock Paste



Dried Rosemary



Risotto Rice



Cracked Black Pepper



Hazelnuts



Grated Hard Italian Style Cheese



Truffle Zest

Pantry Items

Oil, Salt, Pepper, Butter

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, baking tray, kettle, measuring jug, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Parsnip**	1	2	2
Garlic Clove**	2	3	4
Brussels Sprouts**	200g	300g	400g
Vegetable Stock Paste 10)	20g	30g	40g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Cracked Black Pepper	1 sachet	1 sachet	2 sachets
Hazelnuts 2)	25g	40g	50g
Grated Hard Italian Style Cheese** 7) 8)	80g	120g	160g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Pantry	2P	3P	4P
Boiled Water for the Stock*	450ml	675ml	900ml
Water for the Risotto*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2937 / 702	1006 / 240
Fat (g)	30.1	10.3
Sat. Fat (g)	13.6	4.7
Carbohydrate (g)	80	27.4
Sugars (g)	6.4	2.2
Protein (g)	26.2	9.0
Salt (g)	3.12	1.07

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

Contact

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Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **parsnip**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Peel and grate the **garlic** (or use a garlic press). Trim the **Brussels sprouts** and halve through the root.



Ready, Steady, Bake

Stir your **veg stock** into the **rice**. Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Roast the **veg** on the top shelf until browned and tender, 18-20 mins. Turn halfway through.



Make your Stock

Pop the **parsnip** and **sprouts** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary**, then season with **salt** and **pepper**. Toss to coat and spread out in a single layer.

Boil your kettle, then pour the **boiled water for the stock** (see pantry for amount) into a measuring jug.

Add the **veg stock paste** and stir well to combine - this is your **veg stock**.



Finishing Touches

Meanwhile, roughly chop the **hazelnuts**.

When the **risotto** is cooked, remove it from the oven and mix in the **hard Italian style cheese**, **truffle zest**, **butter** and **water for the risotto** (see pantry for both amounts).

Season to taste with **salt** and **pepper**. **TIP:** Add a splash more water to loosen the risotto if needed.



Toast the Rice

Heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **risotto rice**, **garlic** and **cracked black pepper**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Serve

Share the **truffled cacio e pepe risotto** between your bowls.

Top with the **roasted veg** and scatter over the **hazelnuts** to finish.

Enjoy!