



Bacon & Mushroom Risotto

with Caramelised Onion & Apple Salad

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Diced Bacon



Sliced Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Brown Onion



Apple



Rocket Leaves



Shaved Parmesan Cheese



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me Early

Risotto is so delicious, but the prospect of all that stirring can sometimes be a bit daunting. Our version lets you put your risotto in the oven and forget about it until it's time to eat. All the creamy, luxurious texture with none of the elbow work!

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	30g	60g
diced bacon	1 packet (90g)	1 packet (180g)
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
brown onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tsp	1 tsp
apple	½	1
rocket leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	2 packets (52g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2844kJ (680Cal)	879kJ (210Cal)
Protein (g)	21.1g	6.5g
Fat, total (g)	28.5g	8.8g
- saturated (g)	14.1g	4.4g
Carbohydrate (g)	82.8g	25.6g
- sugars (g)	8.5g	2.6g
Sodium (mg)	1442mg	446mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	733kJ (175Cal)
Protein (g)	56g	11.5g
Fat, total (g)	32.3g	6.6g
- saturated (g)	15.4g	3.2g
Carbohydrate (g)	82.8g	17g
- sugars (g)	8.5g	1.7g
Sodium (mg)	1521mg	311mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Caramelize the onion

- Meanwhile, thinly slice **brown onion** (see **ingredients**).
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, a splash of **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**.



Start the risotto

- In a large frying pan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** and **sliced mushrooms**, breaking up bacon with a spoon, until tender, **5-6 minutes**.
- Add **garlic, garlic & herb seasoning** and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: Before starting the risotto, heat a large frying pan with a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Once cooked, set chicken aside. Return the large frying pan to medium-high heat with half the butter and a drizzle of olive oil. Continue with step above.



Bring it all together

- While the onion is cooking, thinly slice **apple** (see **ingredients**) into wedges.
- In a large bowl, combine **apple, rocket leaves** and a drizzle of the **balsamic vinegar** and **olive oil**. Season to taste, then set aside.
- When the risotto is done, stir through **shaved Parmesan cheese**, the remaining **butter** and **caramelised onion**. Season to taste. Stir through a splash of **water** to loosen the **risotto**, if needed.

Custom Recipe: When the risotto is done, stir through chicken, shaved Parmesan cheese, the remaining butter and caramelised onion. Season to taste.



Bake the risotto

- Add the **water** and **vegetable stock powder** to the **rice** and bring to the boil.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the **rice** is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

- Divide the mushroom and bacon risotto between bowls. Serve with the apple salad. Enjoy!

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