

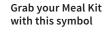
Bacon & Mushroom Risotto

with Caramelised Onion & Apple Salad

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR













Sliced Mushrooms



Garlic & Herb Seasoning





Arborio Rice







Shaved Parmesan

Brown Onion



Rocket Leaves



Cheese



Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

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!

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	1/2	1		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	½ tsp	1 tsp		
apple	1/2	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				

^{*}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.



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.



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.



Caramelise 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.



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.



Serve up

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

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate