

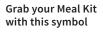
Prep in: 15-25 mins

Ready in: 40-50 mins

WINTER WARMERS

KID FRIENDLY















Pork Mince

Arborio Rice





Garlic Paste





**Light Cooking** 



Chicken Stock

Leaves



Shaved Parmesan Cheese



**Baby Spinach** 





If you haven't tried pork in a risotto before, well, what can we say - you're missing out! Give it a go with this easy baked

risotto, also studded with carrot, gooey Parmesan and silky salad leaves.

# 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
carrot	1	2
lemon	1/2	1
pork mince	1 small packet	2 small packets OR 1 large packet
arborio rice	1 medium packet	1 large packet
garlic paste	2 packets	4 packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	2 packets (40g)
boiling water*	1½ cups	3 cups
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
beef mince**	1 small packet	2 small packets OR 1 large packet
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3408kJ (815Cal)	700kJ (167Cal)
Protein (g)	39.4g	8.1g
Fat, total (g)	33.5g	6.9g
- saturated (g)	15.9g	3.3g
Carbohydrate (g)	87g	17.9g
- sugars (g)	12g	2.5g
Sodium (mg)	1437mg	295mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3433kJ (821Cal)	<b>705kJ</b> (168Cal)
Protein (g)	42.8g	8.8g
Fat, total (g)	32.5g	6.7g
- saturated (g)	16.3g	3.3g
Carbohydrate (g)	87g	17.9g
- sugars (g)	12g	2.5g
Sodium (mg)	1439mg	295mg

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





## Start the risotto

- Boil the kettle. Preheat oven to 220°C/200°C fan-forced.
- · Thinly slice carrot into rounds.
- · Slice lemon into wedges.
- In a large frying pan, heat a drizzle of olive oil over high heat. Add pork mince and carrot and cook, breaking up mince with a spoon, until just browned, 4-5 minutes.

TIP: For best results, drain the oil from the pan before adding the arborio rice.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as above.



# Finish the risotto

 Stir through half the shaved Parmesan cheese, a squeeze of lemon juice, the butter and baby spinach leaves and season to taste.

TIP: Add a drizzle of water to the risotto if it looks a little dry.



#### Bake the risotto

- To pan, add arborio rice, garlic paste and garlic & herb seasoning and cook, stirring, until fragrant, 1 minute.
- Remove from heat, then add light cooking cream, chicken stock pot, the boiling water (1½ cups for 2P / 3 cups for 4P) and a pinch of salt and pepper.
- Stir to combine, then transfer the **risotto mixture** to a large baking dish.
- Cover tightly with foil and bake until the liquid has been absorbed and the rice is 'al dente', 24-28 minutes.



# Serve up

- Divide the creamy pork and spinach risotto between bowls.
- Sprinkle over the remaining Parmesan cheese.
- · Serve with any remaining lemon wedges. Enjoy!



We need your expertise!

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