



Creamy Pork & Spinach Risotto

with Lemon & Parmesan

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Lemon



Pork Mince



Arborio Rice



Garlic Paste



Garlic & Herb Seasoning



Light Cooking Cream



Chicken Stock Pot



Shaved Parmesan Cheese



Baby Spinach Leaves



Beef Mince

Prep in: 15-25 mins
Ready in: 40-50 mins

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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	½	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

*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)	705kJ (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



1



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.

3



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.

2



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**.

4



Serve up

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

Rate your recipe

We need your expertise!

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