



# 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



Thickened Cream



Chicken Stock Pot



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 · Medium baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
thickened cream	1 packet	2 packets
chicken stock pot	1 packet (20g)	2 packets (40g)
<b>boiling water*</b>	2 cups	4 cups
Parmesan cheese	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
beef mince**	1 small packets	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3403kJ (813Cal)	699kJ (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)	3429kJ (820Cal)	704kJ (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](https://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



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## 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 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.

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## Finish the risotto

- Stir through half the **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 the pan, add **arborio rice**, **garlic paste** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1 minute**.
- Remove from the heat then add **thickened cream**, **chicken stock pot**, the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and a pinch of **salt** and **pepper**.
- Stir to combine then transfer the **risotto mixture** to a medium 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

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