



# Plant-Based Bacon & Mushroom Risotto

with Tomato Salad & Parsley

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Plant-Based Bacon Bits



Sliced Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Tomato



Mixed Salad Leaves



Chilli Flakes (Optional)

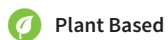


Parsley



Plant-Based Bacon Bits

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



Plant Based

Meat-free Monday is sorted with this delectable number! Packed into this bowl, you've got 'al dente' risotto with a herby sauce that complements the plant-based bacon and mushroom so well! What more could you ask for?

Eat Me Early

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

### Pantry items

Olive Oil, Plant-Based Butter, Balsamic Vinegar

## 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 or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
plant-based bacon bits	1 packet	2 packets
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
arborio rice	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
<b>plant-based butter*</b>	20g	40g
tomato	1	2
mixed salad leaves	1 medium bag	2 medium bags
<b>balsamic vinegar*</b>	drizzle	drizzle
chilli flakes  (optional)	pinch	pinch
parsley	1 bag	1 bag
plant-based bacon bits**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2147kJ (513Cal)	669kJ (160Cal)
Protein (g)	22.6g	7g
Fat, total (g)	10.3g	3.2g
- saturated (g)	2g	0.6g
Carbohydrate (g)	79.5g	24.8g
- sugars (g)	3.8g	1.2g
Sodium (mg)	1326mg	413mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602Cal)	688kJ (164Cal)
Protein (g)	35g	9.6g
Fat, total (g)	13.4g	3.7g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	81.6g	22.3g
- sugars (g)	4.1g	1.1g
Sodium (mg)	1789mg	489mg

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



## 1 Cook the plant-based bacon

- Preheat oven to **220°C/200°C fan-forced**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **plant-based bacon bits**, stirring, until starting to brown, **3-4 minutes**.

**Custom Recipe:** If you've doubled your plant-based bacon bits, cook plant-based bacon bits for an extra 2-3 minutes.



## 2 Cook the mushrooms

- Add **sliced mushrooms** and cook, stirring, until browned and softened, **6-8 minutes**.



## 3 Add the flavourings

- Stir in **garlic & herb seasoning** and **arborio rice** and cook until fragrant, **1 minute**.
- Stir in the **water** and **vegetable stock powder**, then bring to the boil.



## 4 Bake the risotto

- Transfer **risotto** to a baking dish. Cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.
- Remove **risotto** from oven and stir through the **plant-based butter**.
- Stir through a splash of **water** to loosen risotto if needed. Season to taste.

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



## 5 Make the salad

- When risotto has **5 minutes** remaining, cut **tomato** into thin wedges.
- In a medium bowl, combine **mixed salad leaves**, **tomato**, a drizzle of **olive oil** and the **balsamic vinegar**. Season to taste.



## 6 Serve up

- Divide bacon and mushroom risotto between bowls.
- Sprinkle over **chilli flakes** (if using). Tear over **parsley**.
- Serve with tomato salad. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)