



Creamy Pork & Silverbeet Risotto

with Lemon & Parmesan

KID FRIENDLY

Grab your meal kit with this number

14



Carrot



Lemon



Silverbeet



Pork Mince



Risotto-Style Rice



Garlic Paste



Garlic & Herb Seasoning



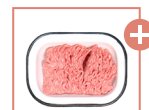
Thickened Cream



Chicken Stock Pot



Parmesan Cheese



Pork Mince



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 silverbeet.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
silverbeet	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
risotto-style 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 medium packet	2 medium packets
chicken stock pot	1 packet	2 packets
boiling water*	1½ cups	3 cups
butter*	20g	40g
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3354kJ (802Cal)	714kJ (171Cal)
Protein (g)	38.9g	8.3g
Fat, total (g)	34.4g	7.3g
- saturated (g)	16.9g	3.6g
Carbohydrate (g)	84g	17.9g
- sugars (g)	11g	2.3g
Sodium (mg)	1373mg	292mg
Dietary Fibre (g)	5.3g	1.1g

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.

1



Start the risotto

- Boil the kettle. Preheat the oven to **220°C/200°C fan-forced**.
- Thinly slice **carrot** into rounds.
- Slice **lemon** into wedges.
- Roughly chop **silverbeet**.
- 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 risotto rice.

3



Finish the risotto

- Stir through half the **Parmesan cheese**, a squeeze of **lemon juice**, the **butter**, **silverbeet** and season to taste.

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

2



Bake the risotto

- Add **risotto rice**, **garlic paste** and **garlic & herb seasoning** to the pan and cook, stirring, until fragrant, **1 minute**.
- Remove from the heat then add **thickened cream**, **chicken stock pot**, **boiling water** (1½ cups for 2 people / 3 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 silverbeet risotto between bowls.
- Sprinkle over the remaining **Parmesan cheese**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

