



Easy Beef Bolognese Risotto

with Capsicum Salad & Parmesan

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

14



Beef Mince



Carrot



Baby Capsicum



Baby Spinach Leaves



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Risotto-Style Rice



Vegetable Stock Pot



Parmesan Cheese



Balsamic Vinaigrette Dressing



Diced Bacon



Beef Mince

Prep in: 10-20 mins
Ready in: 35-45 mins

This is not your usual risotto fare, but one taste of the spag bol-inspired flavours in this dish will have you craving more!
Bonus: all the magic happens in your oven so it practically cooks itself!

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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 medium packet	2 medium packets OR 1 large packet
carrot	1	2
baby capsicum	3	6
baby spinach leaves	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
Nan's special seasoning	1 large sachet	2 large sachets
risotto-style rice	1 medium packet	1 large packet
boiling water*	2 cups	4 cups
vegetable stock pot	½ packet	1 packet
butter*	30g	60g
Parmesan cheese	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3574kJ (854Cal)	770kJ (184Cal)
Protein (g)	41.2g	8.9g
Fat, total (g)	35.9g	7.7g
- saturated (g)	17.8g	3.8g
Carbohydrate (g)	90.3g	19.5g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1719mg	370mg
Dietary Fibre (g)	6.7g	1.4g

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.



Get prepped & cook the beef

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Meanwhile, grate **carrot**, then set aside.
- Roughly chop **baby capsicum**.
- In a medium bowl, combine **capsicum** and **baby spinach leaves**. Set aside.



Bring it all together

- When risotto is ready, stir through the **butter** and half the **Parmesan cheese**. Season with **pepper**.
- Add **balsamic vinaigrette dressing** to the bowl with the salad. Toss to coat.

TIP: Stir through a splash of water if the risotto looks dry!



Bake the risotto

- Add **carrot**, **garlic paste**, **tomato paste**, **Nan's special seasoning** and **risotto-style rice** to the pan with the mince. Cook, stirring, until fragrant, **1 minute**.
- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and **vegetable stock pot** (see ingredients), then bring to the boil.
- Transfer **risotto mixture** to a baking dish and cover tightly with foil. Bake for **20 minutes**.
- Remove from oven then stir through a splash of **water**. Bake until liquid is absorbed, until rice is 'al dente', a further **5-8 minutes**.

TIP: For best results, drain the oil from the beef mince from the pan before adding the carrot.



Serve up

- Divide beef bolognese risotto between bowls.
- Sprinkle with remaining Parmesan.
- Serve with capsicum salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

Cook with beef, breaking up with a spoon, until browned, 4-5 minutes.



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

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

