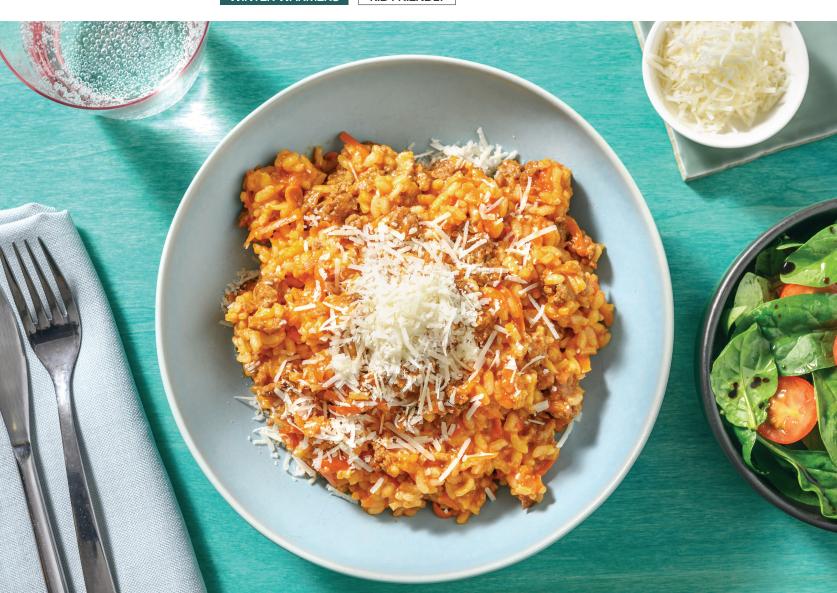
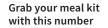


Easy Beef Bolognese Risotto with Capsicum Salad & Parmesan

WINTER WARMERS

KID FRIENDLY

















Baby Capsicum

Baby Spinach Leaves





Garlic Paste

Tomato Paste



Nan's Special Seasoning

Risotto-Style



Vegetable Stock



Parmesan Cheese



Balsamic Vinaigrette Dressing







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!



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.



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!

