



Creamy Mushroom & Zucchini Risoni

with Baby Spinach & Parmesan

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Leek



Zucchini



Garlic



Risoni



Sliced Mushrooms



Herb & Mushroom Seasoning



Light Cooking Cream



Baby Spinach Leaves



Parmesan Cheese



Chicken Breast



Parmesan Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me First

Few things are as comforting as a bowl of risoni. This delightful dish has everything you want and more – herby mushrooms and charred zucchini. Top it off with some Parmesan cheese and you've got pure happiness in a bowl.

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
risoni	1 medium packet	2 medium packets
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
butter*	20g	40g
salt*	¼ tsp	½ tsp
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2738kJ (654cal)	310kJ (74cal)
Protein (g)	21.7g	2.5g
Fat, total (g)	32.5g	3.7g
- saturated (g)	17.3g	2g
Carbohydrate (g)	67.2g	7.6g
- sugars (g)	8.5g	1g
Sodium (mg)	1243mg	140.8mg
Dietary Fibre (g)	5.8g	0.7g

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

- Boil the kettle.
- Thinly slice **leek**.
- Slice **zucchini** into half-moons.
- Finely chop **garlic**.



Cook the veggies

- While risoni is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **sliced mushrooms, leek and zucchini**, stirring, until browned and softened, **5-6 minutes**.
- Add **garlic, herb & mushroom seasoning** and the **butter** and cook until fragrant, **1 minute**.
- Reduce heat to low and add the **salt, light cooking cream, baby spinach leaves, reserved pasta water** and **cooked risoni**. Simmer, stirring, until slightly thickened, **1-2 minutes**. Remove from heat and season with **pepper** to taste.

TIP: Add an extra splash of water if the mixture looks too thick.



Cook the risoni

- Half-fill a large saucepan with boiling water. Add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **risoni** in the boiling water until 'al dente', **7-8 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **risoni** to the saucepan with a drizzle of **olive oil**.



Serve up

- Divide creamy mushroom and zucchini risoni between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



ADD CHICKEN BREAST

Thinly slice into strips. Before cooking veggies, cook chicken breast, 4-6 minutes. Continue with recipe.



DOUBLE PARMESAN CHEESE

Follow method above.

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

