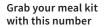


Lamb Bolognese Risotto with Balsamic Apple Salad & Parmesan

WINTER WARMERS

NEW











Leaves







Garlic Paste

Tomato Paste





Nan's Special Seasoning

Risotto-Style Rice





Vegetable Stock

Parmesan Cheese



Balsamic Vinaigrette Dressing





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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
apple	1	2	
mixed salad leaves	1 small packet	1 medium packet	
lamb mince	1 medium packet	2 medium packets OR 1 large 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*	20g	40g	
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)	2117kJ (506cal)	312kJ (75cal)
Protein (g)	31.7g	4.7g
Fat, total (g)	32g	4.7g
- saturated (g)	14.9g	2.2g
Carbohydrate (g)	22.4g	3.3g
- sugars (g)	16.6g	2.4g
Sodium (mg)	1607mg	236.8mg
Dietary Fibre (g)	5.6g	0.8g

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

- Preheat oven to 220°C/200°C fan-forced. Boil the kettle.
- Grate carrot.
- · Thinly slice apple into wedges.
- In a medium bowl, combine apple and mixed salad leaves. Set aside.



Bring it all together

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

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



Bake the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook lamb mince, breaking up with a spoon, until just browned, 4-5 minutes.
- To the pan with the mince, add carrot, garlic paste, tomato paste, Nan's special seasoning and risotto-style rice. 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** to a baking dish. Cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.

TIP: For best results, drain the oil from the pan before adding the carrot. TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



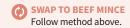
Serve up

- · Divide lamb bolognese risotto between bowls.
- · Sprinkle with remaining Parmesan.
- Serve with balsamic apple salad. Enjoy!









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

