



Lamb Bolognese Risotto

with Balsamic Apple Salad & Parmesan

WINTER WARMERS

NEW

Grab your meal kit with this number

14



Carrot



Apple



Mixed Salad Leaves



Lamb Mince



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Risotto-Style Rice



Vegetable Stock Pot



Parmesan Cheese



Balsamic Vinaigrette Dressing



Lamb Mince



Beef Mince

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

Who loves bolognese? We do. Now, who loves risotto? We do too and that's why we've smashed them together to form the ultimate yummy combo for dinner tonight. With seasoned lamb served with a relaxing apple salad, sit back and enjoy this delicious creation.

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
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!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE LAMB 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.

