

Hearty Mushroom & Green Veggie Risotto

with Parmesan Cheese & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Zucchini



Brown Onion



Garlic



Thyme



Sliced Mushrooms



Garlic & Herb Seasoning



Risotto-Style Rice



Vegetable Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Flaked Almonds



Chilli Flakes (Optional)



Chicken Breast



Parmesan Cheese

Prep in: 20-30 mins
Ready in: 40-50 mins

Calorie Smart

Eat Me First

Tonight, we are serving up the warmest, tastiest and easiest risotto that is sure to turn around your midweek blues! With little elbow work, this risotto does all its best work in the oven, leaving you more time to pop your feet up and get ready to feast!

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	½ packet	1 packet
sliced mushrooms	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 medium packet	1 large packet
vegetable stock pot	1 medium packet	2 medium packets
water*	2 cups	4 cups
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
butter*	20g	40g
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2088kJ (499Cal)	477kJ (114Cal)
Protein (g)	19.2g	4.4g
Fat, total (g)	9g	2.1g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	85g	19.4g
- sugars (g)	10.4g	2.4g
Sodium (mg)	1214mg	278mg
Dietary Fibre (g)	9.4g	2.1g

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**.
- Slice **zucchini** into thick half-moons.
- Roughly chop **brown onion**.
- Finely chop **garlic**.
- Pick **thyme** (see ingredients).



Roast zucchini

- Place **zucchini** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Start the risotto

- Heat large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** and **sliced mushrooms**, tossing, until tender, **5-6 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **risotto-style rice**, **vegetable stock pot**, **thyme** and the **water**. Stir to combine. Bring to the boil.



Bake the risotto

- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Bring it all together

- Remove **risotto** from oven, then stir through **baby spinach leaves**, **Parmesan cheese**, **roasted zucchini** and the **butter**. Season to taste.
- Stir through a splash of water to loosen risotto if needed.



Finish & serve

- Divide hearty mushroom and green veggie risotto between bowls.
- Garnish with **flaked almonds** and **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



CUSTOM OPTIONS



ADD CHICKEN BREAST

Before cooking veggies, cook with a drizzle of olive oil until browned and cooked through, 3-4 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.

