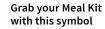


Easy Beef Bolognese Risotto with Cucumber Salad & Parmesan

















Tomato Paste



Nan's Special



Arborio Rice

Seasoning



Beef Stock





Cucumber



Mixed Salad Leaves



Balsamic Vinaigrette Dressing

Pantry items Olive Oil, Butter

Hands-on: 10-20 mins Ready in: 35-45 mins

Naturally gluten-free Not suitable for Coeliacs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beef mince	1 small packet	1 medium packet	
carrot	1	2	
garlic paste	1 tub (30g)	2 tubs (60g)	
tomato paste	1 sachet (50g)	2 sachets (100g)	
Nan's special seasoning	2 sachets	4 sachets	
arborio rice	1 packet	2 packets	
boiling water*	2 cups	4 cups	
beef stock pot	1 tub (20g)	1 tub (40g)	
butter*	30g	60g	
grated Parmesan cheese	2 packets (60g)	4 packets (120g)	
cucumber	1	2	
mixed salad leaves	1 bag (30g)	1 bag (60g)	
balsamic vinaigrette dressing	1 tub	2 tubs	

^{*}Pantry Items

Nutrition

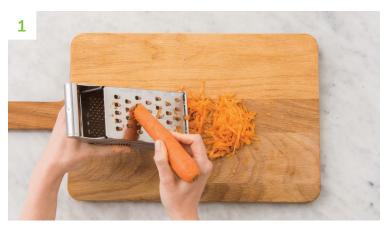
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4084kJ (976Cal)	788kJ (188Cal)
Protein (g)	48.8g	9.4g
Fat, total (g)	46.4g	8.9g
- saturated (g)	20.4g	3.9g
Carbohydrate (g)	85.6g	16.5g
- sugars (g)	16.5g	3.2g
Sodium (mg)	2123mg	409mg

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 the oven to 220°C/200°C fan-forced. Boil a kettle of water. In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the beef mince, breaking up with a spoon, until just browned, 4-5 minutes. Grate the carrot.



Bake the risotto

Add the carrot, garlic paste, tomato paste, Nan's special seasoning and arborio rice to the beef. Cook, stirring, until fragrant, 1 minute. Add the boiling water (see ingredients) and beef stock pot and bring to the boil. Transfer the risotto to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', 24-28 minutes.



Finish the risotto & make the salad

When the **risotto** is done, stir through the **butter** and 1/2 the **grated Parmesan cheese**. Stir through a splash of **water** if the risotto looks dry. Season to taste. Slice the **cucumber**. In a medium bowl, combine the **cucumber** and **mixed salad leaves** and set aside. Add the **balsamic vinaigrette dressing** to the salad and toss to coat.



Serve up

Divide the beef bolognese risotto between bowls. Sprinkle with the remaining Parmesan cheese. Serve the cucumber salad.

Enjoy!