



Easy Beef Bolognese Risotto

with Cucumber Salad & Parmesan

Grab your Meal Kit with this symbol



Beef Mince



Carrot



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Arborio Rice



Beef Stock Pot



Grated Parmesan Cheese



Cucumber



Mixed Salad Leaves



Balsamic Vinaigrette Dressing

Hands-on: **10-20 mins**
 Ready in: **35-45 mins**
Naturally gluten-free
Not suitable for Coeliacs

This is not your usual risotto fare, but one taste of the spag bol-inspired flavours in this dish will have you craving more! Bonus: all the magic is done in your oven so it practically cooks itself!

Pantry items

Olive Oil, Butter

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

	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**.



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.



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**.



Serve up

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

Enjoy!