



Easy Beef Bolognese Risotto

with Apple Salad & Parmesan

KID FRIENDLY



Grab your Meal Kit with this symbol



Beef Mince



Carrot



Apple



Mixed Salad Leaves



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Arborio Rice



Vegetable Stock Pot



Shaved Parmesan Cheese



Balsamic Vinaigrette Dressing



Diced Bacon

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

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 happens in your oven so it practically cooks itself!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

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
beef mince	1 small packet	1 medium packet
carrot	1	2
apple	1	2
mixed salad leaves	1 small bag	1 medium bag
garlic paste	1 packet	2 packets
tomato paste	1 packet	1 packet
Nan's special seasoning	1 large sachet	2 large sachets
arborio rice	1 medium packet	1 large packet
boiling water*	2 cups	4 cups
vegetable stock pot	½ packet (10g)	1 packet (20g)
butter*	30g	60g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
balsamic vinaigrette dressing	1 packet	2 packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3807kJ (910Cal)	820kJ (196Cal)
Protein (g)	41.5g	8.9g
Fat, total (g)	39.9g	8.6g
- saturated (g)	17.7g	3.8g
Carbohydrate (g)	95g	20.5g
- sugars (g)	18.6g	4g
Sodium (mg)	1646mg	355mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4197kJ (1003Cal)	825kJ (197Cal)
Protein (g)	48.2g	9.5g
Fat, total (g)	46.8g	9.2g
- saturated (g)	20.2g	4g
Carbohydrate (g)	95.8g	18.8g
- sugars (g)	19.1g	3.8g
Sodium (mg)	2078mg	408mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Meanwhile, grate **carrot**, then set aside. Thinly slice **apple** into wedges.
- In a medium bowl, combine **apple** and **mixed salad leaves**. Set aside.

Custom Recipe: If you've added diced bacon, cook diced bacon with beef mince, breaking up with a spoon until golden, 5-6 minutes.

3



Bring it all together

- When risotto is ready, stir through the **butter** and 1/2 the **shaved 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!

2



Bake the risotto

- To the pan with the mince, add **carrot**, **garlic paste**, **tomato paste**, **Nan's special seasoning** and **arborio 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 beef mince from the pan before adding the carrot.

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

4



Serve up

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

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