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Moreish Mushroom Risotto with Thyme & Parmesan Cheese

The secret to an enjoyable risotto is to cook it slowly while stirring, so as to release and stabilise the starches within the arborio rice. Adding too much stock at once will only produce gummy risotto, so make sure you only add ladles of stock when the rice is looking dry and thirsty.

 **Prep:** 10 mins
Cook: 45 mins
Total: 55 mins

 level 1

 nut free

 veggie

Pantry Items



Water



Olive Oil



Dry White Wine



Butter



Vegetable Stock



Brown Onion



Arborio Rice



Button Mushrooms



Zucchini



Exotic Mixed Mushrooms



Garlic



Thyme



Parmesan Cheese

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2P	4P	Ingredients
1 cube	2 cubes	vegetable stock
750 ml	1 ½ L	boiling water *
2 tbs	4 tbs	olive oil *
1	2	brown onion, finely diced
¾ cup	1 ½ cups	arborio rice
100 ml	200 ml	dry white wine *
1 punnet	2 punnets	button mushrooms, sliced
1	2	zucchini, grated
2 tbs	4 tbs	butter *
1 clove	2 cloves	garlic, peeled & crushed
1 punnet	2 punnets	exotic mixed mushrooms, roughly chopped
1 bunch	2 bunches	thyme, leaves picked
½ block	1 block	Parmesan cheese, finely grated

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2890	Kj
Protein	16.4	g
Fat, total	28.5	g
-saturated	11.4	g
Carbohydrate	81.3	g
-sugars	5.3	g
Sodium	521	mg



You will need: *chef's knife, chopping board, garlic crusher, fine grater, large pot, large saucepan, ladle and a medium frying pan.*

1 In a large pot, add the **vegetable stock cube** and the **boiling water**, then place over a low heat to keep warm.

2 In a large saucepan, heat the **olive oil** over a medium heat and sauté the **brown onion** for **5 minutes** or until soft. Add the **arborio rice**, coat the grains and toast for **1 minute**. Pour in the **dry white wine**, sprinkle in half of the **button mushrooms** and cook for **2 minutes** until the wine reduces slightly. Add a ladle of hot vegetable stock and stir continuously until the stock has been absorbed and then add another ladle. Repeat this process for approximately **25-30 minutes** or until the rice is cooked 'al dente'. Add the grated **zucchini** in the last **3 minutes** of cooking, stirring until soft.

3 Meanwhile, heat the **butter** in a medium frying pan over a medium heat. Add the **garlic**, the remaining button mushrooms, the **exotic mixed mushrooms** and a pinch of **salt**. Cook for about **5 minutes**, stirring occasionally, until the mushrooms are brown and juicy. Add in half of the **thyme**.

4 Scrape the mushrooms and any pan juices into the risotto, taste and season accordingly. Then add half of the **Parmesan cheese** and stir well.

5 Divide the risotto between bowls and sprinkle with the remaining Parmesan cheese and thyme.

Did you know? Mushrooms are not really vegetables because they do not have leaves, roots, or seeds and do not require light for growth.

