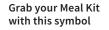


# Plant-Based Bacon & Mushroom Risotto

with Tomato Salad & Parsley

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









**Bacon Bits** 



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Mixed Salad Leaves



Parsley

**Pantry items** 



(Optional)





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

Eat Me Early



**Calorie Smart** 

Meat-free Monday is sorted with this delectable number! Packed into this bowl, you've got 'al dente' risotto with a herby and creamy sauce that complements the plant-based bacon and mushroom so well! What more could you ask for?



Olive Oil, Plant-Based Butter, Balsamic Vinegar

## 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

| ingi edients                  |                 |                 |  |
|-------------------------------|-----------------|-----------------|--|
|                               | 2 People        | 4 People        |  |
| olive oil*                    | refer to method | refer to method |  |
| plant-based<br>bacon bits     | 1 packet        | 2 packets       |  |
| sliced<br>mushrooms           | 1 medium bag    | 1 large bag     |  |
| garlic & herb<br>seasoning    | 1 medium sachet | 1 large sachet  |  |
| arborio rice                  | 1 medium packet | 1 large packet  |  |
| water*                        | 2 cups          | 4 cups          |  |
| vegetable stock<br>powder     | 1 medium sachet | 1 large sachet  |  |
| plant-based<br>butter*        | 20g             | 40g             |  |
| tomato                        | 1               | 2               |  |
| mixed salad<br>leaves         | 1 medium bag    | 1 large bag     |  |
| balsamic<br>vinegar*          | drizzle         | drizzle         |  |
| chilli flakes ∮<br>(optional) | pinch           | pinch           |  |
| parsley                       | 1 bag           | 1 bag           |  |
| plant-based<br>bacon bits**   | 1 packet        | 2 packets       |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 1930kJ (461Cal) | 613kJ (147Cal) |
| Protein (g)      | 22.6g           | 7.2g           |
| Fat, total (g)   | 4.1g            | 1.3g           |
| - saturated (g)  | 0.4g            | 0.1g           |
| Carbohydrate (g) | 80g             | 25.4g          |
| - sugars (g)     | 4.3g            | 1.4g           |
| Sodium (mg)      | 1294mg          | 411mg          |
| Custom Recipe    |                 |                |

#### Avg Qty Per Serving Per 100g Energy (kJ) 2301kJ (550Cal) 639kJ (153Cal) 35g 9.7g Protein (g) Fat, total (g) 7.2g 2g 0.7g 0.2g - saturated (g) Carbohydrate (g) 82.1g 22.8g - sugars (g) 4.6g 1.3g

1757mg

The quantities provided above are averages only.

## **Allergens**

Sodium (mg)

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



488mg



## Cook the plant-based bacon

- Preheat oven to 220°C/200°C fan-forced.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **plant-based bacon bits**, stirring, until starting to brown, **3-4 minutes**.

**Custom Recipe:** If you've doubled your plant-based bacon bits, cook plant-based bacon bits for an extra 2-3 minutes.



## Cook the mushrooms

 Add sliced mushrooms to the pan and cook, stirring, until browned and softened,
6-8 minutes.



## Add the flavourings

- Stir in garlic & herb seasoning and arborio rice and cook until fragrant, 1 minute.
- Stir in the water and vegetable stock powder, then bring to the boil.



## Bake the risotto

- Transfer risotto to a baking dish. Cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.
- Remove risotto from oven and stir through the plant-based butter.
- Stir through a splash of water to loosen risotto if needed. Season to taste.



## Make the salad

- When risotto had 5 minutes remaining, cut tomato into thin wedges.
- In a medium bowl, combine mixed salad leaves, tomato, a drizzle of olive oil and of the balsamic vinegar. Season to taste.



## Serve up

- Divide bacon and mushroom risotto between bowls.
- Sprinkle over chilli flakes (if using). Tear over parsley.
- Serve with tomato salad. Enjoy!