



Baked Mushroom & Rosemary Risotto

with Kale & Rocket Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Rosemary



Kale



Arborio Rice



Garlic & Herb Seasoning



Cucumber



Rocket Leaves



Grated Parmesan Cheese



Sliced Mushrooms



Vegetable Stock Pot

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 50-60 mins

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Meaty mushrooms have an unmistakable flavour, packed with elusive umami – that savoury fifth “taste” that makes everything a little bit better. This easy baked risotto packs meaty mushrooms into its cheesy depths, creating a decadent dish that gets a fresh boost from a peppery rocket salad.

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

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
brown onion	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
kale	1 medium bag	1 medium bag
butter*	40g	80g
sliced mushrooms	1 medium packet	1 large packet
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
garlic & herb seasoning	1 medium sachet	1 large sachet
cucumber	1	2
honey*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2827kJ (676Cal)	605kJ (145Cal)
Protein (g)	17.4g	3.7g
Fat, total (g)	27.1g	5.8g
- saturated (g)	14.7g	3.1g
Carbohydrate (g)	87.5g	18.7g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1282mg	275mg

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 oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**.
- Pick and finely chop **rosemary**.
- Destem and roughly chop **kale**.



Make the salad

- While the risotto is baking, thinly slice **cucumber** into half-moons.
- When the risotto is almost ready, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.
- Add **rocket leaves** and **cucumber**. Toss to coat.



Start the risotto

- In a large frying pan, heat 1/2 the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, **kale** and **sliced mushrooms**, stirring, until tender, **5 minutes**.
- Add **garlic**, **rosemary** and **arborio rice**. Cook until fragrant, **1-2 minutes**.



Finish the risotto

- When the **risotto** is ready, remove from oven.
- Stir in **grated Parmesan cheese**, **silverbeet** and remaining **butter**.
- Season to taste.

TIP: *Stir through a splash of water to loosen the risotto, if needed.*



Bake the risotto

- Add the **water**, **vegetable stock pot** and **garlic & herb seasoning** to the frying pan, 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: *'Al dente' rice is cooked through but still slightly firm in the centre.*



Serve up

- Divide baked mushroom and rosemary risotto between bowls.
- Serve with rocket salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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