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Wild Mushroom and Thyme Risotto

with Sweet Peas and Parmesan

The woody flavors of thyme and mushrooms taste even more delicious during these chilly Winter months. Though they require a bit of attention, risottos are an easy, yet impressive weeknight dinner.



45 min



level 3



nut free



veggie



gluten free



Arborio Rice



Garlic



Yellow Onion



Celery



Thyme



Vegetable Stock Concentrate



Wild Mushrooms



Peas



Parmesan

Ingredients	2 People	4 People
Arborio Rice	¾ c	1 ½ c
Garlic	2 cloves	4 cloves
Onion	1	2
Celery	1 stalk	2 stalks
Thyme	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Wild Mushrooms	4 oz	8 oz
Peas	4 oz	8 oz
Parmesan	1) ¼ c	½ c
Butter*	1) 1 T	2 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large Pan,
Small Pot

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 516 cal | Fat: 17 g | Sat. Fat: 8 g | Protein: 16 g | Carbs: 76 g | Sugar: 7 g | Sodium: 378 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Finely dice the **celery**. Strip the **thyme** off the sprig and roughly chop the leaves. Slice the **mushrooms**.



2 Heat the stock: Bring **3 cups water** and the **stock concentrate** to a boil in a small pot.



3 Cook the mushrooms: Heat a drizzle of **oil** in a large pan over medium heat. Add the **mushrooms** and cook, tossing, for 4-5 minutes, until golden brown. Add the **peas, thyme, and garlic** and cook for 1-2 more minutes, until fragrant. Remove from the pan and set aside.



4 Cook the vegetables: Heat another drizzle of **oil** and the **butter** in the same pan over medium heat. Add the **onion** and **celery** and cook, tossing, for 4- 5 minutes, until softened. Add the **rice** and toss for 1-2 minutes, until translucent. Season with **salt** and **pepper**.

5 Gradually add the stock: Begin adding the **warm stock** to the pan in ¼ cup increments, stirring between additions, until absorbed. Continue until the **rice** is al dente and a loose sauce has formed, for about 20-30 minutes. Season with **salt** and **pepper**.

6 Finish and plate: Stir in the **mushrooms, peas, and Parmesan cheese** (reserving a little cheese for garnish). Serve divided between bowls, sprinkled with Parmesan cheese and drizzled with **olive oil**. Enjoy!