



# Exotic Mushroom Risotto

with Rocket

**CLASSIC** 45 Minutes • Veggie

N° 16



Exotic Mushroom Mix



Onion



Garlic Clove



Wild Mushroom Sauce



Arborio Rice



Rocket



Hard Italian Style Grated Cheese

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Ovenproof Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Exotic Mushroom Mix**	1 small punnet	1 large punnet	2 small punnets
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Water for Stock*	450ml	675ml	900ml
Wild Mushroom Sauce	1 pot	1½ pots	2 pots
Arborio Rice	175g	260g	350g
Rocket**	1 bag	2 bags	2 bags
Hard Italian Style Grated Cheese 7) 8)**	1 pack	2 packs	2 packs
Olive Oil for the Pesto*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	2251 /538	428 /102
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	84	16
Sugars (g)	9	2
Protein (g)	16	3
Salt (g)	1.68	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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Packed in the UK



## 1. Get Prepped

Preheat your oven to 200°C. Start by cutting the **exotic mushrooms** into 2cm pieces. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring the **water** for the risotto (see ingredients for amount) to a boil in medium saucepan. Stir in the **wild mushroom sauce** until completely dissolved, then remove from the heat.



## 4. Make the Pesto

Meanwhile, chop a **quarter** of the **rocket** as finely as you can. Pop it into a small bowl with a **quarter** of the **grated hard Italian cheese**. Season with **salt and pepper**. Add the **olive oil** (see ingredients for amount). Mix well to combine, taste and season with **salt and pepper** if needed.



## 2. Start the Risotto

Heat a drizzle of **oil** in a large ovenproof sauce pan on medium high heat. Once hot, add the **onion** and cook stirring frequently until soft 4-5 mins. Add **half** the **garlic** and cook for a further 1 minute stirring frequently.



## 5. Cook the Mushrooms

When the **risotto** has about 5 mins left, heat a drizzle of **oil** in a medium frying pan on a medium high heat. When hot, add the **exotic mushrooms** and cook stirring frequently until starting to soften and turn golden brown, 4-5 mins. Once golden, add the remaining **garlic**, season with **salt and pepper** and cook stirring frequently for 1 minute. Remove from the heat.



## 3. Bake!

Stir the **arborio rice** into the **onion**, then add the **mushroom stock**. Stir and bring to the boil, then reduce the heat to low. Cover the pan with a lid (or seal it with foil). Pop on the middle shelf of your oven and bake until the **rice** is tender, 20-25 mins. **TIP:** If you don't have an ovenproof pan, transfer to an ovenproof dish at this point, cover with a lid or some tin foil and bake as instructed.



## 6. Time to Serve

When the **risotto** is cooked, remove it from your oven. Carefully take the lid off the pan and add a splash of **water** to loosen if you need to. Stir in a knob of **butter** (if you have some) and the remaining **hard Italian cheese**. Stir together until combined. Taste and season with **salt and pepper** if you feel it needs it. Share the **risotto** between your bowls. Top with the **exotic mushrooms**, drizzle over the **rocket pesto** and finish with a handful of **rocket** on the side.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.