



Mushroom Risotto

with Bacon Lardons and Sugar Snap Peas

Family 45 Minutes • 2 of your 5 a day

9



Leek



Closed Cup Mushrooms



Garlic Clove



Flat Leaf Parsley



Vegetable Stock Paste



Bacon Lardons



Risotto Rice



Cider Vinegar



Sugar Snap Peas



Grated Hard Italian Style Cheese

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan and ladle.

Ingredients

	2P	3P	4P
Leek**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Garlic Clove**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Stock*	750ml	1200ml	1500ml
Vegetable Stock Paste 10	20g	30g	40g
Bacon Lardons**	90g	120g	180g
Risotto Rice	175g	260g	350g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Sugar Snap Peas**	80g	150g	150g
Grated Hard Italian Style Cheese** 7 8	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2358/564	610/146
Fat (g)	16	4
Sat. Fat (g)	7	2
Carbohydrate (g)	77	20
Sugars (g)	5	1
Protein (g)	25	7
Salt (g)	3.59	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways and thinly slice. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



Soften the Veg

Pour the **water for the stock** (see ingredients for amount) into a saucepan. Add the **vegetable stock paste**, then bring to the boil and stir to combine. Lower the heat - you want to keep the **stock** warm. Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **bacon lardons** and cook until golden, 3-4 mins. Add the **mushrooms** and **leek** and stir-fry until softened, another 5 mins. Add the **garlic** and cook for 1 min more. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Add the Rice

Add the **risotto rice** to the pan with the **bacon** and **veg**, and cook on medium-low heat until the edges of the **rice** are translucent, 2-3 mins, stirring occasionally. Add the **cider vinegar**, stir together and allow it to evaporate, about 30 seconds.



Cook the Risotto

Stir in a ladle of your **stock** to your **rice** pan. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Add the Sugar Snaps

When the **risotto** has 3 mins left, stir the **sugar snap peas** through the **risotto** and cook for the remaining time until just tender.



Finish and Serve

Once cooked, remove the **risotto** from the heat. Stir in some **butter** (if you have any), **half** the **parsley** and **three quarters** of the **hard Italian style cheese**. Season to taste with **salt** and **pepper**. Serve your **risotto** in deep bowls with the remaining **cheese** and **parsley** scattered on top.

Enjoy!