



Everything
But The Chef

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Moreish Mushroom Risotto with Parsley & Parmesan

Do not let the fear of continuous stirring turn you off this risotto. The secret to an enjoyable risotto is to cook it slowly while stirring, so as to release and stabilise the starches within the arborio rice. Adding too much stock at once will only produce guggy risotto, so make sure you only add ladles of stock when the rice is looking dry and thirsty. The nutty flavours of the mushroom paired with the creamy Parmesan cheese are the perfect additions to the blank canvas of well-cooked rice.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins
 level 1
gluten free
veggie

Pantry Items



Boiling
Water



Olive Oil



Dry White
Wine



Butter



Vegetable Stock Powder



Brown Onion



Arborio Rice



Mushrooms



Garlic



Parsley



Parmesan Cheese

2P	4P	Ingredients
2 tsp	1 tbs	vegetable stock powder
750 ml	1 ½ L	boiling water *
2 tbs	4 tbs	olive oil *
1	2	brown onion, finely diced
1 cup	2 cups	arborio rice
100 ml	200 ml	dry white wine *
1 punnet	2 punnets	mushrooms, sliced
2 tbs	4 tbs	butter *
1 clove	2 cloves	garlic, peeled & crushed
1 bunch	2 bunches	parsley, finely chopped
½ block	1 block	Parmesan cheese, finely grated

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3020	Kj
Protein	16.7	g
Fat, total	30.5	g
-saturated	12.2	g
Carbohydrate	83.9	g
-sugars	3.5	g
Sodium	551	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, garlic crusher, fine grater, medium pot, large saucepan, ladle and a frying pan.*

1 In a medium pot, add the **vegetable stock powder** and the **boiling water**, then place over a low heat to keep warm.



2 In a large saucepan, heat the **olive oil** over a medium heat and sauté the **brown onion** for **5 minutes** or until soft. Add the **arborio rice**, coat the grains and toast for **1 minute**. Pour in the **dry white wine**, sprinkle in half of the **mushrooms** and cook for **2 minutes** until the wine reduces slightly. Add a ladle of hot vegetable stock and stir continuously until the stock has been absorbed and then add another ladle. Repeat this process for approximately **25-30 minutes** or until the rice is cooked to 'al dente'.



3 Meanwhile, heat the **butter** in a frying pan over a medium heat. Add the **garlic**, the remaining mushrooms and a pinch of **salt**. Cook for about **5 minutes**, stirring occasionally until the mushrooms are brown and juicy. Add in half of the **parsley**.

4 Scrape the mushrooms and any pan juices into the risotto, taste and season accordingly. Then add half of the **Parmesan cheese** and stir well.



5 Divide the risotto between bowls and sprinkle with the remaining Parmesan cheese and parsley.

Did you know? Mushrooms are not really vegetables because they do not have leaves, roots, or seeds and do not require light for growth.