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Mushroom Risotto with Parmesan Cheese

Pop on your ugg boots, pull out your favourite blanket and be prepared to get super cosy with the ultimate winter comfort dish. Packed full of velvety mushrooms, punchy Parmesan cheese and zesty lemon, there is no way you won't fall in love with this risotto.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



gluten free



veggie free

Pantry Items



Boiling Water



Olive Oil



Dry White Wine



Butter



Vegetable Stock



Brown Onion



Arborio Rice



Mushrooms



Garlic



Parsley



Parmesan Cheese



Lemon

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2P	4P	Ingredients	
1 cube	2 cubes	vegetable stock, crumbled	⊕
3 cups	6 cups	boiling water *	
2 tbs	4 tbs	olive oil *	
1	2	brown onion, finely diced	🌿
1 packet	2 packets	arborio rice	
100 ml	200 ml	dry white wine (optional) *	
1 punnet	2 punnets	mushrooms, sliced	
2 tbs	4 tbs	butter *	
1 clove	2 cloves	garlic, peeled & crushed	⊕
½ bunch	1 bunch	parsley, finely chopped	⊕
½ block	1 block	Parmesan cheese, finely grated	
½	1	lemon, cut into wedges	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3100	Kj
Protein	17.6	g
Fat, total	30.6	g
-saturated	12.2	g
Carbohydrate	87.2	g
-sugars	5.8	g
Sodium	558	mg



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

1 In a large pot, add the **vegetable stock** 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**, stir to coat the grains and toast for **1 minute**. Pour in the **dry white wine** (if you're not using white wine, you can substitute it for 100ml of water), sprinkle in half of the **mushroom** and cook for **2 minutes** or until the dry white wine reduces slightly. Add one ladle of vegetable stock and stir continuously until the stock has been absorbed. Repeat this process, adding one ladle of stock at a time, for approximately **25-30 minutes**, or until all of the stock has been absorbed and the rice is cooked 'al dente'.

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

4 Scrape the mushroom 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. Serve with the **lemon wedges**.

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

