



Truffle & Mushroom Risotto

with Pear Salad & Roasted Hazelnuts

Grab your Meal Kit with this symbol



Brown Onion



Zucchini



Garlic



Sliced Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock



Parsley



Roasted Hazelnuts



Pear



Baby Spinach Leaves



Grated Parmesan Cheese



Truffle Oil



Hands-on: 20-30 mins
Ready in: 40-50 mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

This comforting mushroom risotto becomes rich and full of flavour with truffle oil and Parmesan. Add a crisp pear salad and roasted hazelnuts to perfectly round out the meal.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
zucchini	1	2
garlic	1 clove	2 cloves
butter*	30g	60g
sliced mushrooms	1 bag (150g)	1 bag (300g)
garlic & herb seasoning	1 sachet	2 sachets
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	2 cubes	4 cubes
parsley	1 bag	1 bag
roasted hazelnuts	1 packet	2 packets
balsamic vinegar*	2 tsp	1 tbs
honey*	1 tsp	2 tsp
pear	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
truffle oil	drizzle	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3831kJ (916Cal)	686kJ (164 Cal)
Protein (g)	21.2	3.8
Fat, total (g)	45	8.1
- saturated (g)	14.7	2.6
Carbohydrate (g)	101.6	18.2
- sugars (g)	20.3	3.6
Sodium (mg)	1505mg	269mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Cut the **zucchini** into 2cm chunks. Finely chop the **garlic** (or use a garlic press).



4. Make the salad

While the risotto is baking, finely chop the **parsley** leaves and **roasted hazelnuts**. In a medium bowl, combine the **balsamic vinegar**, **honey**, a **small drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Thinly slice the **pear** (see ingredients list). Add the **pear** and **1/2** the **baby spinach leaves** to the dressing and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



2. Start the risotto

In a large frying pan, heat **1/2** the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **sliced mushrooms** and cook, stirring, until tender, **5-6 minutes**. Add the **garlic**, **garlic & herb seasoning** and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.



5. Finish the risotto

When the **risotto** is done, stir through the **grated Parmesan cheese**, remaining **butter** and remaining **spinach**, until the **spinach** has wilted. Stir through a **splash** of **water** if the **risotto** looks dry. Season to taste with **salt** and **pepper**.



3. Bake the risotto

Add the **water**, **zucchini** and the crumbled **vegetable stock** into the frying pan with the **rice** and bring to the boil. Transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' means the rice is cooked through but still has a bit of firmness in the middle.



6. Serve up

Drizzle some of the **truffle oil** over the risotto, to taste. Divide the truffle and mushroom risotto between bowls and serve with the pear salad. Sprinkle the risotto with the parsley and roasted hazelnuts.

TIP: Truffle has a strong flavour, if you're not a fan, serve the risotto without it.

Enjoy!