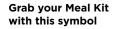
Truffle & Mushroom Risotto

with Pear Salad & Roasted Hazelnuts









Brown Onion









Sliced Mushrooms





Garlic & Herb Seasoning



Vegetable Stock



Arborio Rice



Roasted Hazelnuts





Baby Spinach





Grated Parmesan Cheese



Truffle Oil

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey





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.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
zucchini	1	2
garlic	1 cloves	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	1/2	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 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).



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.



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.



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.



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.



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!