



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK24
2016



Moreish Mushroom Risotto with Parsley & Parmesan Cheese

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 gluggy risotto, so make sure you only add ladles of stock when the rice is looking dry and thirsty.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



gluten
free



one pot
wonder

Pantry Items



Boiling
Water



Olive Oil



Dry White
Wine



Butter



Vegetable Stock



Brown Onion



Arborio Rice



Mushrooms



Garlic



Parsley




Parmesan Cheese


JOIN OUR PHOTO CONTEST




#HelloFreshAU

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 cup	2 cups	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
1 bunch	2 bunches	parsley, finely chopped
½ block	1 block	Parmesan cheese, finely grated

 Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	2890	Kj
Protein	16.4	g
Fat, total	28.5	g
-saturated	11.4	g
Carbohydrate	81.3	g
-sugars	5.3	g
Sodium	521	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**, 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 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.

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