

# Creamy Chestnut Mushroom Risotto

with Vegan Cream Cheeze

**hellóchef**

Creamy, creamy, creamy!

Cals 534 • Prot 19 • Carbs 104 • Fat 5

Vegan

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🕒 cook: 35 min

R1994



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Risotto	2 ppl	3 ppl	4 ppl	
Shallots	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Chestnut mushrooms	250	500	500	Grams
Celery	1	1	2	Piece
Fresh parsley	15	15	15	Grams
Water	800	1200	1600	ML
Vegetable stock cube 15*	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Arborio rice	160	240	320	Grams
Nutritional yeast	4	6	8	Grams
Apple cider vinegar	15	22	30	ML
Cashew cream cheese 2*	55	110	110	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

\*15 Celery, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2233 / 534
Fat (g)	4.6
of which saturates (g)	3.1
Carbohydrate (g)	104
of which sugars (g)	8.6
Fiber (g)	7.5
Protein (g)	19.1
Salt (g)	1.6

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and chop the **shallots** and **garlic**. Clean and slice the **mushrooms**. Peel and finely slice the **celery**. Rinse and roughly chop the **parsley**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.

**Tip!** Not a fan of celery? Simply leave it out.



2 Fry

Heat a drizzle of **oil** in a pan over a medium heat. Fry the **shallots, mushrooms, celery** and **garlic** for 5 min.



3 Simmer

Once softened, add the **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**. Add 1/4 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked "al dente" – this is your **risotto**.



4 Serve

Finally, add the **nutritional yeast, apple cider vinegar, chopped fresh parsley** and **cream cheese**. Season the **risotto** with **salt** and **pepper** to taste.

**Tip!** Nutritional yeast adds a cheesy flavour to the risotto.