

# Creamy Primavera Mushroom Risotto

## with Parmesan

hellóchef

This comforting Italian staple is packed with vegetables!

Cals 585 • Prot 24 • Carbs 102 • Fat 15

Vegetarian

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🕒 cook: 30 min

R2537





Before you start

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

Ingredients

Chestnut mushrooms	250	500	500	Grams
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Small zucchini	2	3	4	Piece
Parmesan 4*	30	45	60	Grams
Water	850	1275	1700	ML
Vegetable stock cube 15*	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Arborio rice	160	240	320	Grams
Lemon	1	2	2	Piece
Cream cheese 4*	80	120	160	Grams
Green peas	100	150	200	Grams
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

\*4 Milk, \*15 Celery

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)	2448 / 585
Fat (g)	15.2
of which saturates (g)	9.2
Carbohydrate (g)	102
of which sugars (g)	7.7
Fiber (g)	7.9
Protein (g)	23.7
Salt (g)	1.3

\*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

Clean the **mushrooms** and chop them roughly. Peel and finely chop the **shallots**. Peel and mince the **garlic**. Grate the **zucchini**. Grate the **Parmesan**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2 Fry mushrooms

Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **mushrooms** and fry for 5 min until lightly browned.



3 Add

Add the **shallots**, and grated **zucchini** and fry for 3 min. Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



4 Simmer

Add 1/3 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'. If you run out of **stock**, add more water (see pro tip!).



5 Serve

Add a squeeze of **lemon** juice, the **cream cheese**, **green peas** and 3/4 of the grated **Parmesan**. Mix well and cook for 2 min further. Season to taste with **salt** and **pepper**. Divide the **risotto** among plates and garnish with the remaining grated **Parmesan**.