

CREAMY MUSHROOM RISOTTO



A delicious Italian staple made at home with heart!

COOKING TIME: 25 MIN

CALS 691 | PROT 19.3G | CARBS 94.2G | FAT 27.4G



TIPS FOR FUSSY EATERS

Parmesan has a strong flavor so maybe remove what you need from the pan, before folding in the parmesan.

PRO TIP

To get a beautiful color on your mushrooms, fry them in batches leaving plenty of space between the slices.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Arborio rice	200g	300g	400g
Shallot	2	3	4
Lemon	1	1	1
Garlic	1	2	2
Butter	1x10g	1x10g	2x10g
Vegetable stock cube	1	1.5	2
Parmesan	30g	45g	60g
Ricotta	80g	120g	160g
Parsley	10g	15g	20g
Spring onions	25g	40g	50g
Chestnut mushroom	160g	240g	320g
Water	850ml	1275ml	1700ml



1 PREP

Dice the **shallots** and chop the **garlic** very small. Heat the **water** in a pot at medium heat and dissolve the **stock cube** in it, bringing the **stock** to a boil.



2 SAUTÉ

In a separate pan melt the **butter** and sauté the **shallots** and **garlic** until soft.



3 ADD RICE

Add the **Arborio rice** to the pan and stir continuously for 2-3 minutes.



4 SIMMER

Gradually add the **vegetable stock** to the **rice**, stirring well after each addition. Allow a gentle simmer. The **stock** will evaporate from the **rice** and the **rice** slowly softens as it cooks. This should take approx. 25 minutes.



5 FRY THE MUSHROOMS

Whilst the **rice** is cooking place another frying pan on a low heat and add a small amount of **olive oil** to the pan. Add the sliced **chestnut mushrooms** to the frying pan and slowly cook.



6 ADD AND SERVE

Once all of the **stock** has been consumed the **rice** should be cooked (if the **rice** is still a little hard, add a bit more **water** and continue cooking). Fold in the **ricotta**, **parmesan**, cooked **chestnut mushrooms** and chopped **parsley**. Check the seasoning and adjust with **salt**, **pepper** and a squeeze of **lemon juice**. Serve with fresh sliced **spring onions**.

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