



Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

45 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4

+ Add



Salmon Fillets
250 g | 500 g



Mixed Mushrooms
200 g | 400 g



Arborio Rice
¾ cup | 1 ½ cup



Yellow Onion, chopped
56 g | 113 g



Baby Spinach
56 g | 113 g



Sage
7 g | 14 g



Garlic, cloves
2 | 4



Vegetable Broth Concentrate
2 | 4



White Cooking Wine
4 tbsp | 8 tbsp



Garlic Salt
1 tsp | 2 tsp



Parmesan Cheese, shredded
½ cup | 1 cup



Chili Flakes
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, oil, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, slotted spoon

1



Prep

- Before starting, wash and dry all produce.
- **Heat Guide for Step 4:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Spicy: ½ tsp (1 tsp)
 - Extra spicy: 1 tsp (2 tsp)

+ Add | **Chicken Breasts**

- Trim stems from **button** and **cremini mushrooms**, then thinly slice caps. Keep caps and stems separate. Cut or tear **oyster mushrooms** lengthwise into ½-inch slices.
- Pick **sage leaves** from stems. Keep leaves and stems separate.
- Peel, then mince or grate **garlic**.

4



Cook veggies

- Reheat the pan with **sage oil** (from step 2) over medium-high.
- When the pan is hot, add **onions** and **remaining mushrooms**. Cook, stirring occasionally, until softened, 5-6 min.
- Add **garlic salt** and ¼ **tsp** (½ tsp) **chili flakes**. (**NOTE:** Reference heat guide.)
- Season with **pepper**, then stir to combine.

2



Fry sage leaves

- Line a plate with paper towels. Set aside.
- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- When the pan is hot, add **2 tbsp** (4 tbsp) **oil**, then **sage leaves**. Fry until crisp, 1 min. (**TIP:** We love to use olive oil for frying sage.)
- Using a slotted spoon, transfer fried **sage** to the paper towel-lined plate. Season with **salt** while hot. Set aside.
- Reserve **sage oil** in the pan.

5



Make risotto

+ Add | **Salmon Fillets**

- Add **rice** and **garlic** to the pan with **veggies**. Cook, stirring often, until fragrant, 1-2 min.
- Add cooking **wine**. Cook, stirring often, until **wine** is absorbed, 1-2 min.
- Add **1 cup broth** from the medium pot. (**NOTE:** Leave **sage** and **mushroom stems** behind in the pot.)
- Reduce heat to medium. Cook, stirring often, until **broth** is absorbed by **rice**.
- Continue to add **broth**, **1 cup** at a time, stirring often, until **broth** is absorbed, texture is creamy and **rice** is tender, 25-30 min.

3



Make broth

- Meanwhile, combine **4 ½ cups** (5 ½ cups) **warm water**, **broth concentrate**, **sage stems** and **mushroom stems** in a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low, still covered.

6



Finish and serve

+ Add | **Salmon Fillets**

+ Add | **Chicken Breasts**

- When the final addition of **broth** has been added to **risotto**, add **spinach**, **half the Parmesan** and **2 tbsp** (4 tbsp) **butter**.
- Cook, stirring often, until **spinach** wilts and **broth** is almost completely absorbed, 1-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.
- Divide **risotto** between plates. Sprinkle **remaining Parmesan** and **fried sage** over top.
- Sprinkle with **any remaining chili flakes**, if desired.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Prep

+ Add | **Chicken Breasts**

If you've opted to add **chicken**, preheat the oven to 450°F. Pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.** Use the same pan to fry **sage** in step 2.

5 | Make risotto

+ Add | **Salmon Fillets**

If you opted to add **salmon**, preheat the oven to 450°F. While **risotto** cooks, line a baking sheet with parchment paper. Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Arrange **salmon** on prepared sheet. Drizzle **1 tsp** (2 **tsp**) **oil** over top. Roast in the **top** of the oven until cooked through, 8-12 min.**

6 | Finish and serve

+ Add | **Salmon Fillets**

Arrange **salmon** on top of **risotto**.

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**, then arrange over **risotto**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken to a minimum internal temperature of 74°C/165°F, as size may vary, and salmon to a minimum internal temperature of 70°C/158°F, as size may vary.