



Mixed Mushroom Risotto

with Pan-Fried Sage Leaves

Veggie

45 Minutes

+ Add



Chicken Breasts
2 | 4

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)



Mixed Mushrooms
200 g | 400 g



Arborio Rice
¾ cup | 1 ½ cups



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 | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, slotted spoon

1



Prep

- Before starting, wash and dry all produce.
- **Heat Guide for Step 4:**
- Mild: 1/8 tsp (1/4 tsp) • Medium: 1/4 tsp (1/2 tsp) • Spicy: 1/2 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 1/2-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 1/4 **tsp** (1/2 tsp) **chili flakes**. (**NOTE:** Reference heat guide.)
- Season with **pepper**, then stir to combine.

2



Pan-fry sage leaves

- Line a plate with paper towels. Set aside.
- Heat a large non-stick pan 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 **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 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 1/2 cups** (5 1/2 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 | Chicken Breasts

- When the final addition of **broth** has been added to the **risotto**, add **spinach**, **half the Parmesan** and **2 tbsp** (4 **tbsp**) **butter**.
- Cook, stirring often, until **spinach** wilts and **broth** is almost absorbed, 1-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.
- Divide **risotto** between bowls.
- 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 and bake chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 **tbsp**) **oil** over top. Bake in the **middle** of the oven until golden and cooked through, 16-18 min.**

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top bowls with **chicken**.

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

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