

HELLO Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

Spicy

45 Minutes



Breasts (2 | 4









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 🦫





Mushrooms



200 g | 400 g





Yellow Onion,



Baby Spinach

chopped 56 g | 113 g









Sage 7 g | 14 g

Garlic, cloves 2 | 4



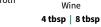




Vegetable Broth 2 | 4

White Cooking







Garlic Salt



1 tsp | 2 tsp





Chili Flakes

1 tsp | 2 tsp

Allengens 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. Cooking utensils | Measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, slotted spoon



Prep

- · Before starting, wash and dry all produce.
- Heat Guide for Step 4:
- Mild: ½ tsp (½ 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.



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.



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.



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

Measurements

within steps

Add | Chicken Breasts

Thinly slice **chicken**. Top plates with **chicken**.

1 tbsp

2 person

1 | Prep and cook chicken

Add | Chicken Breasts

If you've opted to add chicken breasts, pat dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over

medium heat. When hot, add **1 tbsp** (2 tbsp)

cooking, until cooked through, 6-7 min.** (Use

oil, then chicken. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue

the same pan to cook sage in step 2.)

4 person

oil

Ingredient



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 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.



Finish and serve

+ 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
- * 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.