



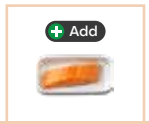
Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

Optional Spice

45 Minutes



Salmon Fillets,
skin-on
250 g | 500 g

↗ Custom Recipe

+ 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](https://www.hellofresh.ca)



Mixed Mushrooms
200 g | 400 g



Arborio Rice
¾ cup | 1 ½ cups



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
¼ cup | ½ 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 | Unsalted butter, oil, salt, pepper

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

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)
- 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 **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

- **+ Add | Salmon Fillets**
- 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**
- 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 person)
(2 tbsp) (4 person)
oil (Ingredient)

3 | Cook salmon

+ Add | Salmon Fillets

If you've opted to add **salmon**, 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 **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.** Transfer to plate, then cover to keep warm.

6 | Finish and serve

+ Add | Salmon Fillets

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

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



Issue with your meal? Scan the QR code to share your feedback.