

Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

Optional Spice 45 Minutes







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

Chicken Tenders • 310 g | 620 g



Mixed Mushrooms 200 g | 400 g



34 cup | 1 ½ cup



Onion, chopped



56 g | 113 g

Baby Spinach 56 g | 113 g





7 g | 14 g

Garlic, cloves 2 | 4







Concentrate 2 | 4

White Cooking 4 tbsp | 8 tbsp

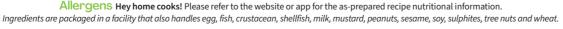








1 tsp | 2 tsp



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



Prep

- · Before starting, wash and dry all produce.
- Heat Guide for Step 4: 1/8 tsp (1/4 tsp) mild, 1/4 tsp (1/2 tsp) medium, 1/2 tsp (1 tsp) spicy and 1 tsp (2 tsp) extra spicy!

Add | Chicken Tenders

- 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.



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 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

leaves in step 2.

Measurements

within steps

1 tbsp (2 tbsp)

2 person

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with salt and **pepper**. Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat. When

hot, add 1/2 tbsp (1 tbsp) oil, then chicken tenders. Sear until golden-brown and cooked

through, 3-4 min per side.** Remove from

heat. Transfer **chicken** to a plate. Carefully

wipe the pan clean. Reuse the pan to fry sage

1 | Cook chicken tenders

Add | Chicken Tenders

oil

Ingredient

Add | Chicken Tenders

Top final plates with chicken.



Cook veggies

- Reheat the pan with sage oil (from step 2) over medium-high.
- When 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.



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 Tenders

- 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



^{**} Cook chicken and turkey to a minimum internal temperature of 74°C/165°F, as size may vary.

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