



Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

Optional Spice

45 Minutes

+ Add



Chicken Tenders +
310 g | 620 g

↗ Custom Recipe

+ Add

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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 cup



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: 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 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 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 | 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.



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

- 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 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 desired.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook chicken tenders

+ Add | Chicken Tenders

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 leaves** in step 2.

6 | Finish and serve

+ Add | Chicken Tenders

Top final plates with **chicken**.

** 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.



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