

HELLO Mixed Mushroom Risotto with Fried Sage Leaves

with Fried Sage Leaves

Veggie

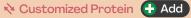
Optional Spice

45 Minutes



Chicken Breast Tenders* 310 g | 620 g









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



34 cup | 1 ½ cup

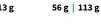


Onion, chopped



Baby Spinach

56 g | 113 g





Sage 7 g | 14 g



2 | 4



Vegetable Broth Concentrate 2 | 4



White Cooking Wine 4 tbsp | 8 tbsp



Garlic Salt









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 | 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:
- Mild: ½ tsp (½ tsp)
 Medium: ½ tsp (½ tsp) • Spicy: ½ tsp (1 tsp) • Extra-spicy: 1 tsp (2 tsp)
- 🛨 Add | Chicken Breast 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.



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

heat, then cover to keep warm.

Measurements

1 | Cook chicken

within steps

Add | Chicken Breast Tenders

(2 tbsp)

oil

1 tbsp

Add | Chicken Breast Tenders

pan over medium-high heat. When hot, add

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

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

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

Arrange chicken on top of plated risotto.



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.



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 Breast 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.



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

Both will disappear 3 minutes after opening. ** Cook 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.