



Mixed Mushroom Risotto

with Fried Sage Leaves

Veggie

Optional Spice

45 Minutes

+ Add



Chicken Breast
Tenders*
310 g | 620 g

↔ Customized Protein + 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 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
½ cup | 1 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: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Spicy: 1/2 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**.

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 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 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

- 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 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.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Cook chicken

+ Add | Chicken Breast Tenders

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

6 | Finish and serve

+ Add | Chicken Breast Tenders

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

* 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, as size may vary.



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