



## Wild Mushroom and Truffle Risotto



A dish rich with flavor! The orange mushrooms are Chanterelle - a culinary delicacy served to nobility throughout Europe since the 18th century! With a splash of truffle oil, truly you will be eating like a king or queen.

### Nutritional Info

Calories: 378 kcal  
Carbohydrates: 49 g  
Protein: 11 g  
Fat: 15 g

### Ingredients

- Banana Shallot
- Fresh Parsley
- Wild Mushrooms
- Vegetable Stock Cube
- Arborio Rice
- Truffle Oil
- Parmesan Cheese

### Your Pantry

- Olive Oil
- Salt & Pepper
- Butter

### Allergens

Milk (Cheese)  
Celery (Stock Cube)


Stock Cube may contain traces of Egg, Mustard & Soya

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Prepare the Vegetables and Stock

Peel the outer layer off the shallot and finely chop. Finely chop the parsley. Slice the mushrooms. Set aside.

In a jug/large mug/bowl combine 350 ml of boiling water, per person, with the stock cube.

## 2) Cook the Mushrooms

Heat a little olive oil with 1 tsp butter in a frying pan over a high heat (the oil prevents the butter burning). Add the mushrooms to the pan and sauté (stirring constantly) over a medium to high heat, until they are tender and beginning to turn brown. Remove from the pan and keep warm.

## 3) Prepare the Rice

In the same pan, heat another tablespoon of olive oil and teaspoon butter in a large saucepan and fry the shallots on a low-medium heat until softened.

Add the rice, ensuring you coat every grain in oil.

## 4) Cook the Rice

On a medium heat, add a ladle or cup of the hot stock and keep stirring, until that has been absorbed. Repeat until the rice is cooked al dente (v.slightly underdone). This takes approximately 20 minutes. If you run out of stock, just add a drop of boiling water. Season with salt and pepper.

## 5) Add the Mushrooms

Once the rice is cooked, stir in the sautéed mushrooms, parmesan and chopped parsley and cook for a further 1-2 minutes to heat through.

## 6) Plate the Dish

Season and serve. Finally, drizzle some of the truffle oil over the top.



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