



# Red Pesto & Veggie Risotto

with Parmesan Cheese

WINTER WARMERS

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Thyme



Green Beans



Arborio Rice



Vegetable Stock Pot



Lemon



Shaved Parmesan Cheese



Red Pesto



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon

Prep in: 30-40 mins  
Ready in: 45-55 mins

Eat Me Early

Our red pesto - made with chargrilled capsicum, sun-dried tomato, Parmesan, basil and garlic - adds a rich depth of flavour to this veggie risotto. Top it off with a sprinkle of Parmesan, and you have a dish that delivers deliciousness with every mouthful.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
green beans	1 medium bag	2 medium bags
<b>butter*</b>	20g	40g
arborio rice	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
vegetable stock pot	2 packets (40g)	4 packets (80g)
lemon	1	2
shaved Parmesan cheese	1 packet (52g)	2 packets (104g)
red pesto	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 small bag	1 medium bag
chilli flakes  (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3586kJ (857Cal)	768kJ (184Cal)
Protein (g)	21.1g	4.5g
Fat, total (g)	45.4g	9.7g
- saturated (g)	13.8g	3g
Carbohydrate (g)	89.4g	19.1g
- sugars (g)	15.8g	3.4g
Sodium (mg)	1676mg	359mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3974kJ (950Cal)	776kJ (185Cal)
Protein (g)	28g	5.5g
Fat, total (g)	52.1g	10.2g
- saturated (g)	16.3g	3.2g
Carbohydrate (g)	90.2g	17.6g
- sugars (g)	16.3g	3.2g
Sodium (mg)	2106mg	411mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion**.
- Finely chop **garlic**.
- Pick **thyme** leaves.
- Trim **green beans**, then roughly chop. Set aside.



## Prep the lemon

- Meanwhile, slice **lemon** into wedges.



## Start the risotto

- In a large frying pan, heat half the **butter** with a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **5 minutes**.
- Add **garlic** and **thyme** and cook until fragrant, **1 minute**.
- Add **arborio rice**, stirring to coat. Add the **water** and **vegetable stock pot**. Bring to the boil.

**Custom Recipe:** If you've added diced bacon, cook bacon with onion, breaking up bacon with a spoon, until browned, 5-6 minutes. Continue with the step.



## Bring it all together

- When the risotto is ready, stir through half the **shaved Parmesan cheese**, **red pesto**, a squeeze of **lemon juice** and remaining **butter**.
- Stir through **baby spinach leaves** until wilted. Season to taste.



## Bake the risotto

- Transfer **risotto mixture** to a baking dish. Cover tightly with foil, then bake for **20 minutes**.
- Remove **risotto** from oven. Stir through **green beans** and a splash of **water**.
- Re-cover with foil, then bake until liquid is absorbed, beans are tender and rice is 'al dente', a further **5-8 minutes**.

**TIP:** 'Al dente' rice is cooked through but still slightly firm in the centre.



## Serve up

- Divide red pesto and veggie risotto between bowls.
- Sprinkle with remaining Parmesan and a pinch of **chilli flakes** (if using).
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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