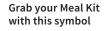


Red Pesto & Veggie Risotto with Parmesan Cheese

WINTER WARMERS

CLIMATE SUPERSTAR













Thyme

Green Beans

Arborio Rice



Vegetable Stock



Lemon



Shaved Parmesan Cheese





Baby Spinach

Red Pesto



Chilli Flakes (Optional)



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.



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

ingredients				
	2 People	4 People		
olive oil*	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		
butter*	20g	40g		
arborio rice	1 medium packet	1 large packet		
water*	2 cups	4 cups		
vegetable stock	2 packets	4 packets		
pot	(40g)	(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 ∮ (oprional)	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 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.



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.



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.



Prep the lemon

• Meanwhile, slice lemon into wedges.



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.



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!

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate