

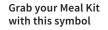
# **Bacon & Zucchini Risotto**

with Basil Pesto & Pangrattato

WINTER WARMERS

KID FRIENDLY

BESTSELLER









**Brown Onion** 







Diced Bacon

Zucchini



Garlic & Herb



Arborio Rice

Seasoning



Chicken-Style Stock Powder



Panko Breadcrumbs



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese





Few things are as comforting as risotto. This delightful dish has everything you want and more – smokey bacon and charred zucchini. Top it off with a crunchy pangrattato and you've got pure happiness in a bowl.

**Pantry items** 

## 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 · Large baking dish

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	1 clove	2 cloves		
brown onion	1	2		
zucchini	1	2		
diced bacon	1 packet (90g)	1 packet (180g)		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
arborio rice	1 medium packet	1 large packet		
chicken-style stock powder	1 medium sachet	1 large sachet		
water*	2 cups	4 cups		
panko breadcrumbs	½ medium packet	1 medium packet		
baby spinach leaves	1 medium bag	1 large bag		
basil pesto	1 packet	2 packets		
Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet (90g)	1 packet (180g)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	3249kJ (777Cal)	727kJ (174Cal)		
Protein (g)	28.3g	6.3g		
Fat, total (g)	25.7g	5.7g		
- saturated (g)	6.7g	1.5g		
Carbohydrate (g)	105.3g	23.6g		
- sugars (g)	9.8g	2.2g		
Sodium (mg)	1665mg	372mg		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3637kJ</b> (869Cal)	739kJ (177Cal)
Protein (g)	35.3g	7.2g
Fat, total (g)	32.4g	6.6g
- saturated (g)	9.2g	1.9g
Carbohydrate (g)	106g	21.5g
- sugars (g)	10.3g	2.1g
Sodium (mg)	2096mg	426mg

The quantities provided above are averages only.

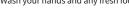
## Allergens

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 garlic.
- · Finely chop brown onion.
- Slice zucchini into half-moons.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!



## Start the risotto

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add diced bacon and onion and cook, breaking up bacon with a spoon, until golden, 3-4 minutes.
- Add **zucchini** and cook, stirring, until softened, 2-3 minutes.
- · Add garlic & herb seasoning and arborio rice, stirring, until fragrant, 1-2 minutes.
- Add chicken-style stock powder and the water. Bring to the boil, then remove from the heat.

Custom Recipe: If you've doubled your diced bacon, cook for an extra 2-3 minutes.



#### Bake the risotto

- Transfer risotto to a large baking dish.
- · Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', 24-28 minutes.

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



# Make the pangratatto

- While risotto is cooking, wipe out the frying pan and return to medium-high heat with a drizzle of olive oil.
- Add panko breadcrumbs (see ingredients) and cook, stirring, until golden brown, 3 minutes.
- Add garlic and cook until fragrant, 1 minute. Transfer to a small bowl and season to taste.



# Bring it all together

- · Remove risotto from the oven and stir through baby spinach leaves, basil pesto and Parmesan cheese.
- Stir through a splash of water to loosen the risotto if needed. Season with **pepper**.



# Serve up

- · Divide the bacon and zucchini risotto between bowls.
- Top with the garlic pangrattato to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the pangrattato!

