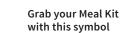


Bacon & Zucchini Risotto

with Basil Pesto & Pangrattato

KID FRIENDLY

BESTSELLER











Zucchini



Garlic & Herb



Diced Bacon

Seasoning



Chicken-Style Stock Powder



Panko Breadcrumbs



Baby Spinach



Parmesan Cheese



Basil Pesto





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 Olive Oil

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

Ingradients

ingi edients				
	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)		

^{*}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)	3637kJ (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!





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- · Finely chop garlic.
- · Finely chop brown onion.
- Slice zucchini into half-moons.



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 bacon for an extra 2-3 minutes.



Bake the risotto

- Transfer the **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 the 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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

