



Plant-Based Bac'n & Green Veggie Risotto

with Basil Pesto

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Green Beans



Celery



Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Plant-Based Bacon Bits



Plant-Based Basil Pesto



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon

Prep in: 20-30 mins
Ready in: 45-55 mins

Calorie Smart

Plant-Based*

*Custom Recipe is not Plant-Based

Our plant-based basil pesto adds a rich depth of flavour to this veggie risotto. Top it off with a sprinkle of plant-based crispy bac'n bits 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

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
olive oil*	refer to method	refer to method
green beans	1 small bag	1 medium bag
celery	1 medium bag	1 large bag
arborio rice	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
boiling water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
plant-based bacon bits	1 packet	2 packets
plant-based basil pesto	1 medium packet	2 medium packets
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)	2380kJ (569Cal)	875kJ (209Cal)
Protein (g)	22.5g	8.3g
Fat, total (g)	16g	5.9g
- saturated (g)	1.3g	0.5g
Carbohydrate (g)	81.3g	29.9g
- sugars (g)	4.6g	1.7g
Sodium (mg)	1821mg	670mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2397kJ (572Cal)	882kJ (210Cal)
Protein (g)	16.9g	6.2g
Fat, total (g)	19.6g	7.2g
- saturated (g)	3.5g	1.3g
Carbohydrate (g)	80g	29.4g
- sugars (g)	4.9g	1.8g
Sodium (mg)	1788mg	658mg

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**.
- Boil the kettle.
- Trim **green beans** and roughly chop.
- Finely chop **celery**.



Cook the bacon

- Once the green beans have been added, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based bacon bits**, tossing, until browned, **3-4 minutes**.

Custom Recipe: If you've swapped to diced bacon, heat pan as above. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, stirring, until tender, **4-5 minutes**.
- Add **arborio rice** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.



Bring it all together

- Once risotto is done, remove from oven and stir through **plant-based basil pesto** and **baby spinach leaves**, until wilted and combined. Season to taste.



Finish the risotto

- To pan, add the **boiling water** (2 cups for 2P / 4 cups for 4P) and **vegetable stock powder** and bring to the boil.
- Transfer **risotto mixture** to a baking dish and cover tightly with foil. Bake for **20 minutes**.
- Remove from oven then stir through **green beans** and a splash of **water**. Bake until liquid is absorbed, green 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 green veggie risotto between bowls.
- Top with plant-based bacon bits and a pinch of **chilli flakes** (if using) to serve. Enjoy!

Custom Recipe: Top green veggie risotto with diced bacon.

Rate your recipe

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