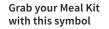


Easy Plant-Based Bac'n & Greens Risotto with Basil Pesto

ALTERNATIVE PROTEIN











Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock



Trimmed Green



Bacon Bits

Baby Spinach

Leaves

Beans



Plant-Based Basil Pesto





Chilli Flakes (Optional)



Prep in: 15-25 mins Ready in: 40-50 mins

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.

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
celery	1 medium bag	1 large bag		
arborio rice	1 medium packet	1 large packet		
garlic & herb seasoning	1 medium sachet	2 medium sachets		
boiling water*	2 cups	4 cups		
vegetable stock powder	1 large sachet	2 large sachets		
trimmed green beans	1 medium bag	1 large bag		
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)	1 medium sachet	1 large sachet		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2401kJ (574Cal)	809kJ (193Cal)
Protein (g)	22.9g	7.7g
Fat, total (g)	16g	5.4g
- saturated (g)	1.3g	0.4g
Carbohydrate (g)	82.1g	27.7g
- sugars (g)	5.3g	1.8g
Sodium (mg)	1821mg	613mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2418kJ (577Cal)	814kJ (194Cal)
Protein (g)	17.4g	5.9g
Fat, total (g)	19.6g	6.6g
- saturated (g)	3.5g	1.2g
Carbohydrate (g)	80.8g	27.2g
- sugars (g)	5.5g	1.9g
Sodium (mg)	1788mg	602mg

The quantities provided above are averages only.

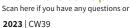
Allergens

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 & start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- · Boil the kettle.
- Thinly slice **celery**.
- 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.



Cook the bacon & bring it all together

- Once 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.
- 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.

Custom Recipe: If you've swapped to diced bacon, cooked bacon in the same way as above.



Finish the risotto

- To pan, add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) 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 **trimmed 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 risotto between bowls.
- Top with plant-based bacon bits and a pinch of chilli flakes (if using) to serve. Enjoy!



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

