



Mediterranean Pesto Veggie Risotto

with Goat's Cheese

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Tomato/Kumato



Zucchini



Marinated Goat Cheese



Mediterranean Seasoning



Arborio Rice



Vegetable Stock Pot



Basil Pesto



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early*
**Custom Recipe only*

Our Mediterranean seasoning and basil pesto add a rich depth of flavour to this veggie risotto. With the likes of leek, tomato, zucchini, marinated goat cheese and flaked almonds, this is a solid meal fit for a Queen or King.

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 ovenproof saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
tomato/kumato	1	2
zucchini	1	2
marinated goat cheese	1 packet	2 packets
Mediterranean seasoning	1 sachet	2 sachets
arborio rice	1 medium packet	1 large packet
vegetable stock pot	½ packet (10g)	1 packet (20g)
boiling water*	2 cups	4 cups
basil pesto	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	733kJ (175Cal)
Protein (g)	22g	5.4g
Fat, total (g)	30.2g	7.5g
- saturated (g)	8.7g	2.2g
Carbohydrate (g)	84g	20.8g
- sugars (g)	8.6g	2.1g
Sodium (mg)	1876mg	464mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3714kJ (888Cal)	653kJ (156Cal)
Protein (g)	55.9g	9.8g
Fat, total (g)	34.9g	6.1g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	84g	14.8g
- sugars (g)	8.6g	1.5g
Sodium (mg)	1960mg	344mg

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



Cook the veggies

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **leek**. Roughly chop **tomato**. Grate **zucchini**. Drain and reserve **oil** from **marinated goat cheese** and set aside.
- Heat a large ovenproof saucepan over high heat with a drizzle of the reserved **goat cheese oil**.
- Cook **leek**, stirring, until browned and softened, **4-5 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Cook chicken with leek, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Bake the risotto

- Cover with a lid or tightly with foil.
- Bake until the liquid has been absorbed and the rice is 'al dente', **24-28 minutes**.



Start the risotto

- Reduce heat to medium-high, then add **tomato** and cook, stirring, until softened, **2-3 minutes**.
- Add **Mediterranean seasoning**, **zucchini** and **arborio rice** to pan and cook, stirring, until fragrant, **1 minute**.
- Remove saucepan from heat, then stir in **vegetable stock pot** (**see ingredients**) and the **boiling water** (2 cups for 2 people / 4 cups for 4 people).



Serve up

- Uncover risotto, then stir through **basil pesto** until combined. Season to taste.
- Divide Mediterranean pesto veggie risotto between bowls.
- Top with goat cheese and **flaked almonds** to serve. Enjoy!

TIP: If the rice is dry, add a splash of water and stir through.

Rate your recipe

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