

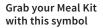
Mediterranean Pesto Veggie Risotto

with Goat's Cheese

NEW

CLIMATE SUPERSTAR















Zucchini







Mediterranean



Arborio Rice

Seasoning



Vegetable Stock



Basil Pesto



Flaked Almonds



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



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.

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

3				
	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	½ packet	1 packet		
pot	(10g)	(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.



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.

