



# Bacon & Zucchini Risotto

with Basil Pesto & Pangrattato

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

37



Garlic



Brown Onion



Zucchini



Diced Bacon



Garlic & Herb Seasoning



Risotto-Style Rice



Chicken-Style Stock Powder



Panko Breadcrumbs



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese



Chicken Breast



Diced Bacon

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

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	1 clove	2 cloves
brown onion	1	2
zucchini	1	2
diced bacon	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
baby spinach leaves	1 medium packet	1 large packet
basil pesto	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3345kJ (799Cal)	673kJ (160Cal)
Protein (g)	28.2g	5.7g
Fat, total (g)	26.2g	5.3g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	109.8g	22.1g
- sugars (g)	13.9g	2.8g
Sodium (mg)	1760mg	354mg
Dietary Fibre (g)	11.4g	2.3g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

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



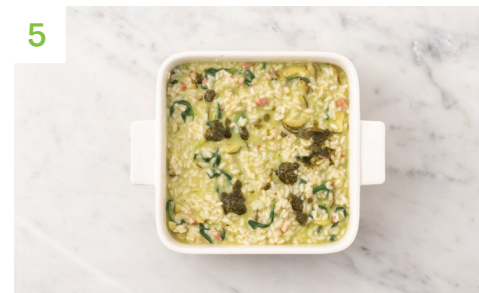
## Make the pangrattato

- While the risotto is cooking, wipe out 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.



## 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 **risotto-style rice**, stirring, until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **water**. Bring to the boil, then remove from the heat.



## 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**.



## Bake the risotto

- Transfer **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.



## Serve up

- Divide the bacon and zucchini risotto between bowls.
- Top with the garlic pangrattato to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

#### + DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

