



# Bacon & Zucchini Risotto

with Basil Pesto & Pangrattato

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

37



Garlic



Brown Onion



Zucchini



Carrot



Diced Bacon



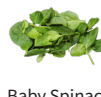
Garlic & Herb Seasoning



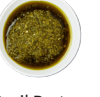
Risotto-Style Rice



Panko Breadcrumbs



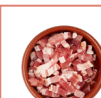
Baby Spinach Leaves



Basil Pesto



Parmesan Cheese



Diced Bacon



Chicken Breast

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
carrot	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
<b>salt*</b>	¼ tsp	½ tsp
<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 (161Cal)
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 [helofresh.com.au/foodinfo](https://helofresh.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** and **carrot** 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 **carrot** and cook, stirring, until softened, **2-3 minutes**.
- Add **garlic & herb seasoning** and **risotto-style rice**, stirring, until fragrant, **1-2 minutes**.
- Add the **salt** and **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 the **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 | CW32



### CUSTOM OPTIONS



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

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

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

