

with Apple Salad & Almond Pangrattato

CLIMATE SUPERSTAR



7 Grab your meal kit with this number









Roasted Almonds

Sliced Mushrooms



Seasoning



Panko Breadcrumbs

Apple





Mixed Salad Leaves

Plant-Based Basil Pesto



Diced Bacon



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



Keep warm with an expertly cooked and flavoured risotto (in case it wasn't clear, you're the expert!). Hearty and homey, the earthy taste of the mushrooms stirred through with basil pesto come together to create a risotto that has everyone humming from bliss.



Olive Oil, Plant-Based Butter, Vinegar (White Wine or Balsamic)

# 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 · Medium or large baking dish

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
roasted almonds	1 medium packet	1 large packet
plant-based butter*	20g	40g
sliced mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 medium packet	1 large packet
water*	2 cups	4 cups
salt*	1/4 tsp	½ tsp
panko breadcrumbs	½ medium packet	1 medium packet
apple	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
plant-based basil pesto	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3280kJ (783Cal)	772kJ (184Cal)
Protein (g)	16.6g	3.9g
Fat, total (g)	33.9g	8g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	100.4g	23.6g
- sugars (g)	14.9g	3.5g
Sodium (mg)	1464mg	345mg
Dietary Fibre (g)	12.5g	2.9g

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.



#### Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop brown onion and garlic. Roughly chop roasted almonds.
- In a large frying pan, heat plant-based butter and a drizzle of olive oil over medium-high heat. Cook onion and sliced mushrooms, stirring, until softened. 5-6 minutes.
- Add garlic & herb seasoning, risotto-style rice and half the garlic. Cook, stirring, until fragrant, 1-2 minutes.
- · Add the water and salt and bring to the boil.



# Make the pangratto & salad

- Meanwhile, wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook panko breadcrumbs, stirring, until golden, 2-3 minutes. Add remaining garlic and cook until fragrant, 1 minute.
- Transfer pangrattato to a small bowl, then stir in the roasted almonds. Season with **salt** and **pepper** to taste.
- Thinly slice apple.
- In a large bowl, combine a drizzle of vinegar and olive oil. Season, then add apple and mixed salad leaves. Toss to coat.



#### Bake the risotto

- · Transfer risotto to a baking dish.
- · Cover tightly with foil.
- Bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



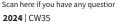
# Serve up

- · Stir plant-based basil pesto through risotto.
- Divide plant-based pesto and mushroom risotto between bowls. Sprinkle with almond pangrattato.
- Serve with apple salad. Enjoy!

**TIP:** Stir a splash of water through the risotto to loosen, if needed.



Scan here if you have any questions or concerns





# ADD DICED BACON

Cook with onion and sliced mushrooms, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



once baked.

#### **ADD CHICKEN BREAST** Cut into bite-sized pieced. Cook until cooked through, 4-6 minutes. Stir through risotto

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

