



Plant-Based Pesto & Mushroom Risotto

with Apple Salad & Almond Pangrattato

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Brown Onion



Garlic



Roasted Almonds



Sliced Mushrooms



Garlic & Herb Seasoning



Risotto-Style Rice



Panko Breadcrumbs



Apple



Mixed Salad Leaves



Plant-Based Basil Pesto



Diced Bacon



Chicken Breast

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

Plant Based

Eat Me First

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.

Pantry items

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*	¼ 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

*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](https://www.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

2024 | CW35



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.

CUSTOM OPTIONS



ADD DICED BACON

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



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through risotto once baked.

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



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.