



Bacon & Basil Pesto Risotto

with Green Veggies & Parmesan

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Brown Onion



Green Beans



Lemon



Diced Bacon



Arborio Rice



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Shaved Parmesan Cheese



Basil Pesto



Baby Spinach Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 50-60 mins

Eat Me Early*
*Custom Recipe only

Brimming with smoky bacon, rich basil pesto and sharp Parmesan, every mouthful of this Italian dish delivers an explosion of flavour. Sit back while it bakes, before cosying up with a big bowl of this deliciousness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
green beans	1 small bag	1 medium bag
lemon	½	1
diced bacon	1 packet (180g)	2 packets (360g)
arborio rice	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
basil pesto	1 medium packet	2 medium packets
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3706kJ (886Cal)	838kJ (200Cal)
Protein (g)	30.9g	7g
Fat, total (g)	44.8g	10.1g
- saturated (g)	15.3g	3.5g
Carbohydrate (g)	87.5g	19.8g
- sugars (g)	10.5g	2.4g
Sodium (mg)	2082mg	471mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4466kJ (1067Cal)	736kJ (176Cal)
Protein (g)	64.1g	10.6g
Fat, total (g)	50g	8.2g
- saturated (g)	16.9g	2.8g
Carbohydrate (g)	87.5g	14.4g
- sugars (g)	10.5g	1.7g
Sodium (mg)	2170mg	357mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion**. Trim **green beans** and cut into thirds.
- Zest **lemon** to get a pinch, then slice into wedges.

4



Bake the risotto

- Transfer **risotto mixture** to a baking dish and cover tightly with foil. Bake for **20 minutes**.
- Stir through a splash of **water** and **green beans**. Bake until liquid is absorbed, beans are tender and rice is 'al dente', a further **5-8 minutes**.

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

Custom Recipe: While the risotto is baking, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

2



Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **diced bacon**, breaking up bacon with a spoon, until onion is softened and bacon is golden, **6-7 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Bring everything together

- When the risotto is ready, stir through **shaved Parmesan cheese**, **basil pesto**, **baby spinach leaves**, the **butter** and a squeeze of **lemon juice**.
- Once **baby spinach** is slightly wilted, season with **pepper**.

Custom Recipe: Stir through cooked chicken along with Parmesan cheese, basil pesto and spinach as above.

3



Add the rice

- Add **arborio rice** and **garlic & herb seasoning**, stirring to coat.
- Add the **water**, **lemon zest** and **chicken-style stock powder**, combine then bring to the boil.

6



Serve up

- Divide bacon and basil pesto risotto between bowls.
- Serve with any remaining lemon wedges. Enjoy!

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