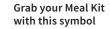


Bacon & Basil Pesto Risotto

with Green Veggies & Parmesan

CUSTOMER FAVOURITE









Brown Onion

Green Beans





Lemon

Diced Bacon





Arborio Rice

Garlic & Herb Seasoning



Chicken-Style Stock Powder



Cheese



Basil Pesto





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

Eat Me Early* *Custom Recipe only

Brimming with smokey 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.



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

9			
	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	1/2	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





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.



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.



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.



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.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate