



Bacon & Zucchini Risotto

with Basil Pesto & Pangrattato

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Zucchini



Diced Bacon



Garlic & Herb Seasoning



Arborio Rice



Chicken-Style Stock Powder



Panko Breadcrumbs



Baby Spinach Leaves



Basil Pesto



Shaved Parmesan Cheese



Diced Bacon

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.

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

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
brown onion	1	2
zucchini	1	2
diced bacon	1 packet (90g)	1 packet (180g)
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 medium packet	2 medium packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (767Cal)	840kJ (201Cal)
Protein (g)	26.7g	7g
Fat, total (g)	25.6g	6.7g
- saturated (g)	6.8g	1.8g
Carbohydrate (g)	104.6g	27.4g
- sugars (g)	9.1g	2.4g
Sodium (mg)	1666mg	436mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3598kJ (860Cal)	843kJ (201Cal)
Protein (g)	33.5g	7.8g
Fat, total (g)	32.5g	7.6g
- saturated (g)	9.4g	2.2g
Carbohydrate (g)	105.5g	24.7g
- sugars (g)	9.7g	2.3g
Sodium (mg)	2098mg	491mg

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 the oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Finely chop **brown onion**. Slice **zucchini** into half-moons.



Make the pangrattato

- While the risotto is cooking, wipe out the 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**. Then add **zucchini** and cook for a further **2-3 minutes**.
- Add **garlic & herb seasoning** and **arborio rice**, stirring, until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **water**. Bring to the boil, then remove from the heat.

Custom Recipe: If you've doubled your diced bacon, cook for an extra 2-3 minutes.



Bring it all together

- Remove the **risotto** from the oven and stir through **baby spinach leaves**, **basil pesto** and **shaved 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 & zucchini risotto between bowls.
- Top with the garlic pangrattato to serve. Enjoy!

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