



Bacon & Pesto Rice Pilaf

with Green Veggies & Parmesan

Grab your Meal Kit with this symbol



Onion



Green Beans



Zucchini



Garlic



Lemon



Diced Bacon



Basmati Rice



Chicken-Style Stock Powder



Basil Pesto



Grated Parmesan Cheese



Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**
 Naturally **Gluten-Free**
Not suitable for coeliacs

Pilaf is a rice dish commonly found in the Middle East, India, and now, in your HelloFresh repertoire! In our modern Australian version, the fragrant and fluffy basmati rice soaks up the flavour from the umami-rich bacon and bright basil pesto like a treat. The veggies add colour and crispness, and the lemon is all you need to cut the richness.

Pantry items

Olive Oil, Butter

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 with a lid (or foil) · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
green beans	1 small bag	1 medium bag
zucchini	1	2
garlic	2 cloves	4 cloves
lemon	½	1
butter*	10g	20g
diced bacon	1 packet (180g)	2 packets (360g)
basmati rice	1 medium packet	1 large packet
warm water*	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3386kJ (809Cal)	724kJ (173Cal)
Protein (g)	30.8g	6.6g
Fat, total (g)	39.9g	8.5g
- saturated (g)	14.4g	3.1g
Carbohydrate (g)	74.3g	15.9g
- sugars (g)	10.8g	2.3g
Sodium (mg)	1683mg	360mg

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.



Get prepped

Finely chop **onion**. Trim **green beans** and slice into thirds. Cut **zucchini** into bite-sized chunks. Finely chop **garlic**. Zest **lemon** to get a pinch, then slice into wedges.



Cook the veggies

When rice has **5 minutes** remaining, heat a drizzle of **olive oil** in a medium frying pan over medium-high heat. Cook **zucchini** and **green beans**, tossing, until tender, **4-5 minutes**. Remove pan from heat. Add a squeeze of **lemon juice**, tossing to coat. Season to taste.



Cook the bacon

In a large frying pan, melt the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **onion** and **diced bacon**, breaking bacon up with a spoon, until onion is softened and bacon is golden, **4-6 minutes**. Add **garlic** and **lemon zest** and cook, stirring, until fragrant, **1 minute**.



Bring it all together

When rice is ready, transfer veggies to pan with the rice. Add **basil pesto**, gently stirring to combine.

TIP: If any rice has stuck to the bottom of the pan, *scrape it off and stir it through for extra flavour!*



Add the rice

Add **basmati rice** to pan, stirring to coat. Add the **warm water** (1 1/2 cups for 2 people / 3 cups for 4 people) and **chicken-style stock powder**, then bring to the boil. Cover with a lid (or foil) and reduce heat to low. Simmer until rice is tender and water is absorbed, **16-20 minutes**. Season with **pepper**.



Serve up

Divide bacon and basil pesto rice pilaf between plates. Top with **grated Parmesan cheese**. Serve with any remaining lemon wedges.

Enjoy!

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