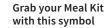
# Bacon & Pesto Rice Pilaf

with Green Veggies & Parmesan











Green Beans





Zucchini











Basmati Rice

Chicken-Style Stock Powder





**Basil Pesto** 

Cheese

**Pantry items** 

Olive Oil, Butter

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.

### 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

# **Inaredients**

<b>J</b>		
	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	1/2	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)

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kj)	3386kJ (809Cal)	<b>724kJ</b> (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 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.



#### 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.



### 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.



## 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!



### 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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