



Bacon & Pesto Rice Pilaf

with Green Veggies & Parmesan

KID FRIENDLY



Grab your Meal Kit with this symbol



Brown Onion



Green Beans



Zucchini



Garlic



Lemon



Diced Bacon



Basmati Rice



Italian Herbs



Basil Pesto



Shaved Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

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.

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

Pantry items

Olive Oil

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 with lid (or foil) · Medium frying pan

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
zucchini	1	2
garlic	2 cloves	4 cloves
lemon	½	1
diced bacon	1 packet (180g)	2 packets (360g)
basmati rice	1 medium packet	1 large packet
warm water*	1½ cups	3 cups
Italian herbs	1 medium sachet	1 large sachet
basil pesto	1 medium packet	1 large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (180g)	2 packets (360g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723Cal)	664kJ (159Cal)
Protein (g)	29.3g	6.4g
Fat, total (g)	32.1g	7.1g
- saturated (g)	9.3g	2g
Carbohydrate (g)	74g	16.3g
- sugars (g)	10.4g	2.3g
Sodium (mg)	1306mg	287mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3799kJ (908Cal)	697kJ (167Cal)
Protein (g)	43.1g	7.9g
Fat, total (g)	45.7g	8.4g
- saturated (g)	14.3g	2.6g
Carbohydrate (g)	75.6g	13.9g
- sugars (g)	11.4g	2.1g
Sodium (mg)	2167mg	398mg

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 **brown 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.

Little cooks: Under adult supervision, older kids can help grate the zest.



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, heat 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**.

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



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 **Italian herbs**, 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 **shaved Parmesan cheese**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the Parmesan!

We're here to help!

Scan here if you have any questions or concerns



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