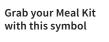


with Green Veggies & Parmesan

KID FRIENDLY















Zucchini







Lemon





Basmati Rice

Italian Herbs

Cheese





Basil Pesto

Shaved Parmesan





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.

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

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	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	1/2	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 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.



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.



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

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



Scan here if you have any questions or concerns

