

Bacon & Red Pesto Risotto

with Lemon & Parsley Pangrattato

Grab your Meal Kit with this symbol



Cherry Tomatoes



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Brown Onion



Garlic



Parsley



Lemon



Diced Bacon



Arborio Rice



Chicken Stock Pot



Panko Breadcrumbs



Baby Spinach Leaves



Red Pesto



Grated Parmesan Cheese

 Hands-on: 20-30 mins
Ready in: 45-55 mins

Cosy up to a classic and comforting Italian feast! With smokey bacon, rich red pesto and sweet cherry tomatoes, every mouthful is an explosion of flavour. Buon appetito!

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	½ punnet	1 punnet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic & herb seasoning	1 sachet	2 sachets
brown onion	1	2
garlic	3 cloves	6 cloves
parsley	1 bag	1 bag
lemon	½	1
diced bacon	1 packet (90g)	1 packet (180g)
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
panko breadcrumbs	½ packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
red pesto	1 sachet (50g)	1 sachet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	721kJ (172Cal)
Protein (g)	26.9g	5.3g
Fat, total (g)	39.3g	7.7g
- saturated (g)	12.9g	2.5g
Carbohydrate (g)	96.8g	19g
- sugars (g)	17.3g	3.4g
Sodium (mg)	1717mg	337mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Halve the **cherry tomatoes** (see ingredients). Place the **cherry tomatoes, peeled & chopped pumpkin** and **garlic & herb seasoning** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**.



Make the pangrattato

While the risotto is baking, wipe out the frying pan and return to a medium-high heat with a good drizzle of **olive oil**. Add the **panko breadcrumbs** (see ingredients) and cook, stirring, until golden brown, **3 minutes**. Add the **lemon zest** and the **remaining garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Add the **parsley**, season to taste and stir to combine. Set aside.



Prep the risotto

While the veggies are roasting, finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **parsley** leaves. Zest the **lemon** to get a good pinch, then slice into wedges.



Bring it all together

When the risotto is ready, stir through the **butter**, **red pesto**, **grated Parmesan cheese** and a squeeze of **lemon**. Gently stir the **baby spinach leaves** and roasted **vegges** through the risotto. Season to taste.



Make the risotto

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **diced bacon** and **onion** until slightly golden, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and **chicken stock pot**. Stir to combine and bring to the boil. Remove from the heat. Transfer the **risotto mixture** to a baking dish, cover tightly with foil and bake until the liquid has been absorbed and the rice is 'al dente', **24-28 minutes**.



Serve up

Divide the bacon and red pesto risotto between bowls. Top with the lemon and parsley pangrattato and serve with the remaining lemon wedges.

Enjoy!