



Baked Cherry Tomato & Pesto Risotto

with Thyme, Pine Nuts & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Silverbeet



Lemon



Arborio Rice



Vegetable Stock Powder



Garlic & Herb Seasoning



Cherry/Snacking Tomatoes



Thyme



Pine Nuts



Grated Parmesan Cheese



Basil Pesto

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

Naturally Gluten-Free
Not suitable for coeliacs

When our recipe developers first whipped this one up, we all gathered close. "It's... it's beautiful!" someone exclaimed. Baked until al dente and brought together with bright basil pesto, sharp Parmesan, sweet bursts of thyme-roasted cherry tomatoes, plus a squeeze of lemon to balance the richness, we think you'll agree!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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 · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
lemon	½	1
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
cherry/snacking tomatoes	1 punnet	2 punnets
thyme	1 bag	1 bag
balsamic vinegar*	1 tbs	2 tbs
pine nuts	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
basil pesto	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3236kJ (773Cal)	748kJ (179Cal)
Protein (g)	18.6g	4.3g
Fat, total (g)	36.7g	8.5g
- saturated (g)	10.8g	2.5g
Carbohydrate (g)	89.8g	20.7g
- sugars (g)	10.4g	2.4g
Sodium (mg)	1249mg	289mg

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.



Start the risotto

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**. Roughly chop **silverbeet**. Zest **lemon** to get a good pinch, then slice into wedges.
- In a large frying pan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **4-5 minutes**.
- Add **garlic**, **lemon zest** and **silverbeet**. Cook until fragrant, **1-2 minutes**.
- Add **arborio rice**. Stir to combine, then cook until rice is coated and slightly translucent, **1-2 minutes**.



Roast the cherry tomatoes

- Place **cherry tomatoes** and **thyme** on a lined oven tray.
- Top with the **balsamic vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat.
- Roast until blistered, **15-20 minutes**.



Bake the risotto

- Add the **water**, **vegetable stock powder** and **garlic & herb seasoning** to the pan. Bring to the boil, then remove from heat.
- Transfer **risotto** to a baking dish. Cover tightly with foil.
- Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Finish the risotto

- When the risotto is ready, remove from oven. Stir through **grated Parmesan cheese**, **basil pesto** and a squeeze of **lemon juice**. Season to taste.
- Gently fold in roasted **cherry tomatoes**.

TIP: Stir through a splash of water to loosen the risotto, if needed.



Get prepped

- While the risotto is baking, halve **cherry tomatoes**.
- Pick **thyme** leaves.



Serve up

- Divide baked cherry tomato and pesto risotto between bowls.
- Sprinkle with **pine nuts**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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