



# Basil Pesto & Marinated Goat Cheese Risotto

with Baby Spinach & Walnuts

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Arborio Rice



Vegetable Stock



Walnuts



Green Beans



Baby Spinach Leaves



Basil Pesto



Marinated Goat Cheese



Hands-on: **25-35 mins**  
Ready in: **40-50 mins**



Calorie Smart



Naturally gluten-free  
*Not suitable for Coeliacs*

Marinated goat cheese lends an indulgent, yet delicate flavour to this simple risotto that's baked in the oven for minimum fuss and maximum flavour. Yum!

## Pantry items

Olive Oil

## 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

Medium frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
arborio rice	1 packet	2 packets
vegetable stock	2 cubes	4 cubes
water*	2 cups	4 cups
walnuts	1 small packet	1 large packet
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (120g)	1 bag (240g)
basil pesto	1 sachet (50g)	1 sachet (100g)
marinated goat cheese	1 tub (100g)	2 tubs (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2117kJ (505Cal)	573kJ (136Cal)
Protein (g)	14.6g	4g
Fat, total (g)	14.2g	3.8g
- saturated (g)	4.7g	1.3g
Carbohydrate (g)	74.5g	20.2g
- sugars (g)	8.3g	2.2g
Sodium (mg)	1183mg	320mg

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](https://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

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic**.



## Cook the veggies

In a medium frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and cook, stirring, until coated, **1 minute**.



## Add the pesto

Crumble in the **vegetable stock** cubes. Slowly add the **water** and stir to dissolve the stock. Bring to the boil, then remove from the heat. Transfer the **risotto** to a baking dish and cover tightly with foil. Bake the **risotto** until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



## Bake the risotto

While the risotto is baking, roughly chop the **walnuts**. Trim the **green beans**, then slice into thirds. Wipe out the frying pan and return to a medium-high heat. Add the **walnuts** and toast, tossing, until lightly browned and fragrant, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **green beans** and cook until tender, **4-5 minutes**.



## Finish the risotto

When the risotto is done, stir through a splash of **water** if it looks dry. Add the **baby spinach leaves**, **basil pesto**, cooked **green beans** and 1/2 the **marinated goat cheese** and stir to combine. Add a drizzle of the **oil** from the **marinated goat cheese** tub. Season with **pepper**.



## Serve up

Divide the oven-baked pesto risotto between bowls. Sprinkle with the remaining marinated goat cheese and the toasted walnuts.

## Enjoy!