



Basil Pesto & Marinated Goat Cheese Risotto

with Silverbeet & Walnuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Arborio Rice



Vegetable Stock Powder



Green Beans



Zucchini



Silverbeet



Walnuts



Basil Pesto



Marinated Goat Cheese

Prep in: 25-35 mins
Ready in: 40-50 mins

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

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
green beans	1 small bag	1 medium bag
zucchini	1	2
silverbeet	1 medium bag	1 large bag
basil pesto	1 medium packet	2 medium packets
marinated goat cheese	1 packet (100g)	2 packets (200g)
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2913kJ (696Cal)	981kJ (234Cal)
Protein (g)	17g	5.7g
Fat, total (g)	33.6g	11.3g
- saturated (g)	6.2g	2.1g
Carbohydrate (g)	78.6g	26.5g
- sugars (g)	4.1g	1.4g
Sodium (mg)	859mg	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.

1



Get prepped

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

2



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **garlic** until fragrant, **1 minute**.
- Add **arborio rice** and cook, stirring, until coated, **1 minute**.

3



Bake the risotto

- Add the **water** and **vegetable stock powder**. Bring to the boil, then remove from heat.
- Transfer **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' rice is cooked through but still slightly firm in the centre.

4



Toast nuts & cook the veggies

- Trim **green beans**, then slice into thirds. Slice **zucchini** into half-moons. Roughly chop **silverbeet**.
- Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **zucchini**, tossing, until tender, **3-4 minutes**.
- Add **silverbeet** and cook, stirring, until softened, **1-2 minutes**.

5



Finish the risotto

- Once the risotto is done, stir through a splash of **water** to loosen, if needed. Add **basil pesto**, the **veggies** 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** to taste.

6



Serve up

- Roughly chop **walnuts**.
- Divide baked pesto and marinated goat cheese risotto between bowls.
- Sprinkle with walnuts and remaining goat cheese to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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