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## Pesto, Zucchini & Fetta Risotto with Toasted Sunflower Seeds

This silky risotto is jam packed with the goodness of greenery, from zucchini to spinach to pesto. Of course, no risotto would be complete without cheese, so some crumbled fetta adorns this dish, but there's also an unexpected crunch in the form of toasted sunflower seeds. We think you're going to love it!



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 2

### Pantry Items



Boiling Water



Olive Oil



Butter



Vegetable Stock



Brown Onion



Garlic



Arborio Rice



Green Beans



Zucchini



Baby Spinach Leaves



Traditional Pesto



Fetta Cheese



Lemon



Sunflower Seeds

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| 2P       | 4P        | Ingredients                                 |
|----------|-----------|---|
| 1 cube   | 2 cubes   | vegetable stock, crumbled                   |
| 1 L      | 2 L       | boiling water *                             |
| 2 tsp    | 1 tbs     | olive oil *                                 |
| 1 tsp    | 2 tsp     | butter *                                    |
| 1        | 2         | brown onion, finely chopped                 |
| 1 clove  | 2 cloves  | garlic, peeled & crushed                    |
| 1 packet | 2 packets | arborio rice, rinsed well                   |
| 1 packet | 2 packets | green beans, trimmed & cut into 1 cm pieces |
| 1        | 2         | zucchini, grated & excess moisture removed  |
| ½ bag    | 1 bags    | baby spinach leaves                         |
| 1 tub    | 2 tubs    | traditional pesto                           |
| 1 block  | 2 blocks  | fetta cheese, crumbled                      |
| ½        | 1         | lemon, zested & cut into wedges             |
| 1 packet | 2 packets | sunflower seeds                             |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 3040 | Kj |
| Protein      | 19   | g  |
| Fat, total   | 30.1 | g  |
| -saturated   | 7.1  | g  |
| Carbohydrate | 91.1 | g  |
| -sugars      | 7.9  | g  |
| Sodium       | 671  | mg |



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, box grater, zester, medium saucepan, large saucepan, wooden spoon and small frying pan.*

**1** Add the **vegetable stock** and the **boiling water** to a medium saucepan and place over a low heat to keep warm.



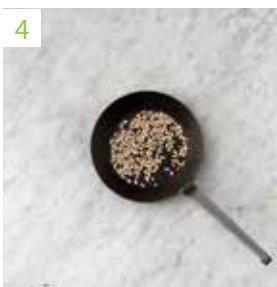
**2** Heat the **olive oil** and **butter** in a large saucepan over a medium heat. Add the **brown onion** and cook for **3 minutes**, or until the onion is soft. Add the **garlic** and **arborio rice**, stirring to coat the grains, and toast for **1 minute**. Reduce to medium-low heat.



**3** Add the simmering stock to the rice mixture, 1 cup at a time, and stir continuously until the stock has been absorbed and the rice is cooked 'al dente'. Add the **green beans** and **zucchini** with the last cup of stock and stir until the stock has been absorbed. Stir through the **baby spinach leaves** until wilted. Remove from the heat and stir through the **traditional pesto**, **fetta cheese**, and **lemon zest**, and season generously with cracked **black pepper**.

**Tip:** It may seem like there is a lot of liquid but the key to risotto is taking the time to let the rice absorb the stock.

**4** When the rice is almost cooked, place a small frying pan over a medium-high heat. Add the **sunflower seeds** and cook, tossing occasionally, for **1 minute**, or until toasted.



**5** To serve, divide the risotto between bowls, sprinkle with toasted sunflower seeds and serve with lemon wedges.

**Did you know?** The magnesium in sunflower seeds helps to ease stress and migraines.