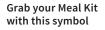


Plant-Based Pesto & Mushroom Risotto

with Pear Salad & Almond Pangrattato

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Sliced Mushrooms

Garlic & Herb Seasoning

Arborio Rice



Powder



Panko Breadcrumbs



Roasted Almonds





Leaves



Plant-Based **Basil Pesto**



Prep in: 15-25 mins Ready in: 40-50 mins

Eat Me Early



Keep warm with an expertly cooked and flavoured risotto (in case it wasn't clear, you're the expert!). Hearty and homey, the earthy taste of the mushrooms stirred through with basil pesto come together to create a risotto that has everyone humming from bliss.



Olive Oil, Plant-Based Butter, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan \cdot Medium or large baking dish

Ingredients

ingi caici ico			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
garlic	3 cloves	6 cloves	
plant-based butter*	20g	40g	
sliced mushrooms	1 medium packet	1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
arborio rice	1 medium packet	1 large packet	
water*	2 cups	4 cups	
vegetable stock powder	1 large sachet	2 large sachets	
panko breadcrumbs	½ medium packet	1 medium packet	
roasted almonds	1 medium packet	1 large packet	
pear	1/2	1	
vinegar* (white wine or balsamic)	drizzle	drizzle	
mixed salad leaves	1 medium bag	1 large bag	
plant-based basil pesto	1 medium packet	2 medium packets	
diced bacon**	1 packet (90g)	1 packet (180g)	
*Pantry Items **Custom Recipe Ingredient			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	805kJ (192Cal)
Protein (g)	17g	4.3g
Fat, total (g)	33.3g	8.3g
- saturated (g)	4.1g	1g
Carbohydrate (g)	97g	24.3g
- sugars (g)	11.7g	2.9g
Sodium (mg)	1394mg	349mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3619kJ (865Cal)	814kJ (195Cal)
Protein (g)	23.8g	5.4g
Fat, total (g)	39.8g	8.9g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	97.9g	22g
- sugars (g)	12.2g	2.7g
Sodium (mg)	1833mg	412mg

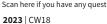
The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns





Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop brown onion and garlic.
- In a large frying pan, heat the plant-based butter and a drizzle of olive oil over medium-high heat. Cook onion and sliced mushrooms, stirring, until softened. 5-6 minutes.
- Add garlic & herb seasoning, arborio rice and half the garlic. Cook, stirring, until fragrant, 1-2 minutes. Add the water and vegetable stock powder and bring to the boil.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion, breaking up with a spoon, until browned, 6-7 minutes.



Make the pangratto & salad

- Meanwhile, wipe out frying pan and return to medium-high heat with a
 drizzle of olive oil. Cook panko breadcrumbs (see ingredients), stirring,
 until golden, 2-3 minutes. Add remaining garlic and cook until fragrant,
 1 minute.
- Transfer pangrattato to a small bowl, then stir in roasted almonds. Season to taste.
- Thinly slice pear (see ingredients). In a large bowl, combine a drizzle of the vinegar and olive oil. Season, then add pear and mixed salad leaves. Toss to coat.



Bake the risotto

- 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.



Serve up

- Stir plant-based basil pesto through risotto.
- Divide plant-based pesto and mushroom risotto between bowls. Sprinkle with almond pangrattato.
- · Serve with pear salad. Enjoy!

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

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

