



Plant-Based Pesto & Mushroom Risotto

with Pear Salad & Almond Pangrattato

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sliced Mushrooms



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Panko Breadcrumbs



Roasted Almonds



Pear



Mixed Salad Leaves



Plant-Based Basil Pesto



Diced Bacon

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



Plant Based*
**Custom Recipe is not Plant Based*



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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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 · Medium or large baking dish

Ingredients

	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	½	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

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



1



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.

3



Make the pangrattato & 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.

2



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.

4



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