

Red Pesto & Veggie Risotto

with Lemon & Garlic Pangrattato

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Green Beans



Arborio Rice



Vegetable Stock Pot



Lemon



Parsley



Panko Breadcrumbs



Chilli Flakes (Optional)



Grated Parmesan Cheese




Red Pesto



Baby Spinach Leaves

 Hands-on: **30-40 mins**
Ready in: **45-55 mins**

 Spicy (optional chilli flakes)

Our red pesto – made with chargrilled capsicum, sun-dried tomato, Parmesan, basil and garlic – adds a fun twist to this risotto. Sprinkle with a herby lemon and garlic pangrattato for zing and crunch, and you have a dinner that delivers with every mouthful.

Pantry items

Olive Oil, Butter

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 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
green beans	1 medium bag	1 large bag
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (40g)	2 packets (80g)
lemon	1	2
parsley	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3660kJ (874Cal)	755kJ (180Cal)
Protein (g)	19.4g	4g
Fat, total (g)	42.4g	8.7g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	99.7g	20.6g
- sugars (g)	15.7g	3.2g
Sodium (mg)	1601mg	330mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and **garlic**. Trim the **green beans**, then slice into thirds.



Make the pangrattato

While the risotto is baking, zest the **lemon** to get a good pinch, then slice into wedges. Pick the **parsley** leaves. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add the **lemon zest**, **parsley** leaves and remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl. Add a pinch of **chilli flakes** (if using). Season with **salt** and **pepper**. Stir to combine.



Start the risotto

In a large frying pan, melt 1/2 the **butter** with a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice**, stirring to coat. Add the **water** and **vegetable stock pot** and bring to the boil.



Bring it all together

When the risotto is ready, stir through the **grated Parmesan cheese**, **red pesto**, a squeeze of **lemon juice** and the remaining **butter**. Stir through the **baby spinach leaves** until wilted. Season to taste.



Bake the risotto

Transfer the **risotto mixture** to a baking dish. Cover tightly with foil and bake for **20 minutes**. Stir through a splash of **water** and the **green beans**, then re-cover with foil and return to the oven. Bake until the liquid is absorbed, the green beans are tender and the rice is 'al dente', **5-8 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

Divide the red pesto and veggie risotto between bowls. Top with the lemon and garlic pangrattato. Serve with any remaining lemon wedges.

Enjoy!

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