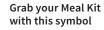
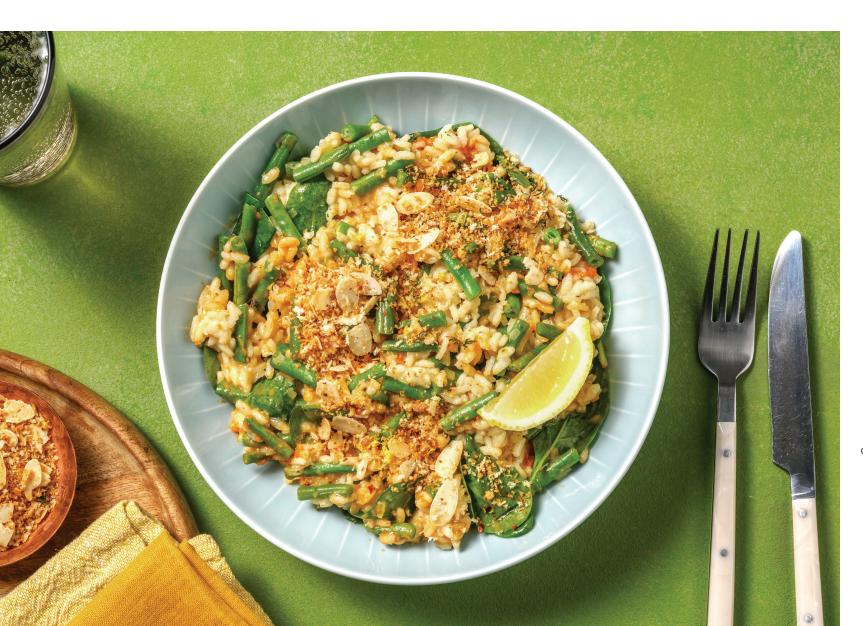


Red Pesto & Veggie Risotto

with Almond-Herb Pangrattato















Green Beans







Lemon

Vegetable Stock





Italian Herbs

Panko Breadcrumbs





Chilli Flakes

Flaked Almonds

(Optional)







Grated Parmesan Cheese

Mixed Leaves



Red Pesto

Pantry items Olive Oil, Butter

Prep-in: 30-40 mins Ready in: 45-55 mins



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

Medium or large baking dish · Large frying pan

Inaredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
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	
Italian herbs	1 medium sachet	1 large sachet	
panko breadcrumbs	½ medium packet	1 medium packet	
flaked almonds	1 medium packet	1 large packet	
chilli flakes (optional)	pinch	pinch	
grated Parmesan	1 packet	2 packets	
cheese	(30g)	(60g)	
mixed leaves	1 small bag	1 medium bag	
red pesto	1 packet (100g)	2 packets (200g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3777kJ (903Cal)	796kJ (190Cal)
Protein (g)	20g	4.2g
Fat, total (g)	45.1g	9.5g
- saturated (g)	11.4g	2.4g
Carbohydrate (g)	100g	21.1g
- sugars (g)	15.9g	3.4g
Sodium (mg)	1588mg	335mg

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



Start the risotto

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



Bake the risotto

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

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



Make the pangrattato

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



Bring it all together

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



Serve up

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

Enjoy!

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