



Red Pesto & Veggie Risotto

with Almond-Herb Pangrattato

Grab your Meal Kit with this symbol



Onion



Garlic



Green Beans



Arborio Rice



Vegetable Stock Pot



Lemon



Italian Herbs



Panko Breadcrumbs



Flaked Almonds



Chilli Flakes (Optional)



Grated Parmesan Cheese



Mixed Leaves



Red Pesto

Prep-in: 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

Medium or large baking dish · Large frying pan

Ingredients

	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	2 packets
(40g)		(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 cheese	1 packet (30g)	2 packets (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.



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.



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.



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.



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.



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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