



Red Pesto & Veggie Risotto

with Parmesan Cheese

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Rosemary



Green Beans



Arborio Rice



Lemon



Baby Spinach Leaves



Chilli Flakes (Optional)



Vegetable Stock Pot



Grated Parmesan Cheese



Red Pesto



Diced Bacon

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

Our red pesto - made with chargrilled capsicum, sun-dried tomato, Parmesan, basil and garlic - adds a rich depth of flavour to this veggie risotto. Top it off with a sprinkle of Parmesan, and you have a dish that delivers deliciousness with every mouthful.

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

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
rosemary	1 stick	2 sticks
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
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
red pesto	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 small bag	1 medium bag
chilli flakes  (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3670kJ (877Cal)	779kJ (186Cal)
Protein (g)	22.4g	4.8g
Fat, total (g)	46.2g	9.8g
- saturated (g)	14g	3g
Carbohydrate (g)	90.1g	19.1g
- sugars (g)	15.5g	3.3g
Sodium (mg)	1715mg	364mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4058kJ (969Cal)	787kJ (188Cal)
Protein (g)	29.4g	5.7g
Fat, total (g)	53g	10.3g
- saturated (g)	16.6g	3.2g
Carbohydrate (g)	90.9g	17.6g
- sugars (g)	16g	3.1g
Sodium (mg)	2145mg	416mg

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.

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2022 | CW40



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**. Pick and finely chop **rosemary** leaves.
- Trim **green beans**, then roughly chop.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Prep the lemon

- Meanwhile, slice **lemon** into wedges.



Start the risotto

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

Custom Recipe: If you've added diced bacon, add the bacon with the onion. Cook, breaking up bacon with a spoon, until browned, 5-6 minutes. Continue with the step.



Bring it all together

- When the risotto is ready, stir through 1/2 the **grated Parmesan cheese**, **red pesto**, a squeeze of **lemon juice** and remaining **butter**.
- Stir through **baby spinach leaves** until wilted. Season to taste.



Bake the risotto

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

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



Serve up

- Divide red pesto and veggie risotto between bowls.
- Sprinkle with remaining Parmesan and a pinch of **chilli flakes** (if using).
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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