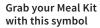
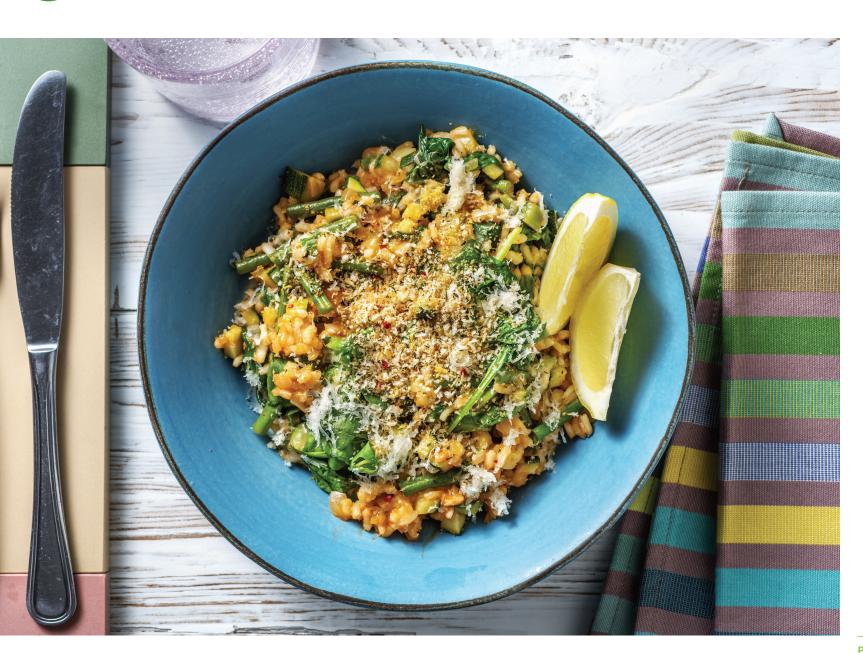
# Red Pesto & Veggie Risotto with Parmesan Cheese

















Rosemary



Green Beans





Lemon

Chilli Flakes

(Optional)

Arborio Rice



Baby Spinach



Leaves



Vegetable Stock



Red Pesto





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.

**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

# Ingradients

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	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)		

<sup>\*</sup>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.

#### We're here to help!

Scan here if you have any questions or concerns

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.



#### 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.



#### 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.



# Prep the lemon

Meanwhile, slice lemon into wedges.



# 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.



# 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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate