



Red Pesto & Veggie Risotto

with Parmesan Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Thyme



Green Beans



Arborio Rice



Lemon



Baby Spinach Leaves



Chilli Flakes (Optional)



Vegetable Stock Pot



Shaved 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 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
thyme	1 bag	1 bag
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
shaved Parmesan cheese	1 packet (52g)	2 packets (104g)
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)	3599kJ (860Cal)	771kJ (184Cal)
Protein (g)	21.1g	4.5g
Fat, total (g)	45.4g	9.7g
- saturated (g)	13.8g	3g
Carbohydrate (g)	90.2g	19.3g
- sugars (g)	15.6g	3.3g
Sodium (mg)	1677mg	359mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3988kJ (953Cal)	779kJ (186Cal)
Protein (g)	27.9g	5.5g
Fat, total (g)	52.3g	10.2g
- saturated (g)	16.3g	3.2g
Carbohydrate (g)	91g	17.8g
- sugars (g)	16.1g	3.1g
Sodium (mg)	2109mg	412mg

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](https://www.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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Get prepped

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



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 **thyme** 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, cook bacon with the onion, 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 **shaved 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!

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