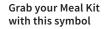


Red Pesto & Veggie Risotto

with Parmesan Cheese

CLIMATE SUPERSTAR









Brown Onion





Thyme



Green Beans





Arborio Rice

Lemon





Baby Spinach Leaves

Chilli Flakes (Optional)





Vegetable Stock

Shaved Parmesan Cheese



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 veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

9			
	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
Overhaus Dasins		

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

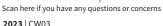
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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.



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 shaved 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!

