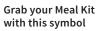


# Red Pesto & Veggie Risotto with Parmesan Cheese

CLIMATE SUPERSTAR











**Brown Onion** 





Green Beans

Thyme





Vegetable Stock

Arborio Rice

Lemon



Cheese





**Baby Spinach** 

Red Pesto



Chilli Flakes (Optional)





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.

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

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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	
thyme	1 bag	1 bag	
green beans	1 medium bag	2 medium bags	
butter*	20g	40g	
arborio rice	1 medium packet	1 large packet	
water*	2 cups	4 cups	
vegetable stock pot	2 packets (40g)	4 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 ∮ (oprional)	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)	3590kJ (858Cal)	<b>769kJ</b> (184Cal)
Protein (g)	21.1g	4.5g
Fat, total (g)	45.4g	9.7g
- saturated (g)	13.8g	3g
Carbohydrate (g)	89.4g	19.1g
- sugars (g)	15.8g	3.4g
Sodium (mg)	1676mg	359mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	777kJ (186Cal)
Protein (g)	27.9g	5.5g
Fat, total (g)	52.3g	10.2g
- saturated (g)	16.3g	3.2g
Carbohydrate (g)	90.3g	17.6g
- sugars (g)	16.4g	3.2g
Sodium (mg)	2108mg	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!

Scan here if you have any questions or concerns





# 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 (2 cups for 2 people / 4 cups for 4 people) 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate