



Plant-Based Basil Pesto & Mushroom Risotto

with Pine Nut Pangrattato & Parsley

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Leek



Portobello Mushrooms



Soffritto Mix



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Panko Breadcrumbs



Pine Nuts



Chilli Flakes (Optional)



Plant-Based Basil Pesto



Parsley



Grated Parmesan Cheese

Prep in: 25-35 mins
Ready in: 45-55 mins



Plant Based*

*Custom Recipe is not Plant Based

Mushrooms and basil pesto have a soft and lovely touch that can bring comfort to any dinner they're invited to. Invite them to join this risotto, popping with leek and a pine nut pangrattato for a night of flavour and tranquility.

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

Pantry items

Olive Oil, Plant-Based Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
leek	1	2
portabello mushrooms	1 packet	1 packet
plant-based butter*	30g	60g
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 packet	1 packet
vegetable stock powder	1 large sachet	2 large sachets
water*	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
pine nuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
plant-based basil pesto	1 packet (50g)	1 packet (100g)
parsley	1 bag	1 bag
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	813kJ (194Cal)
Protein (g)	16.6g	4.1g
Fat, total (g)	36.3g	8.9g
- saturated (g)	10.4g	2.5g
Carbohydrate (g)	95.5g	23.4g
- sugars (g)	9.2g	2.3g
Sodium (mg)	1497mg	367mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (842Cal)	837kJ (200Cal)
Protein (g)	20.9g	5g
Fat, total (g)	39.7g	9.4g
- saturated (g)	12.7g	3g
Carbohydrate (g)	95.5g	22.7g
- sugars (g)	9.2g	2.2g
Sodium (mg)	1589mg	378mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Thinly slice white and light green parts of **leek**. Thinly slice **portabello mushrooms**.



Make the pangrattato

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs (see ingredients)** and **pine nuts**, stirring, until golden brown, **3 minutes**.
- Add remaining **garlic** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1-2 minutes**. Season and set aside.



Start the risotto

- In a large frying pan, heat half the **plant-based butter** and a drizzle of **olive oil** over medium-high heat.
- Add **mushrooms, leek** and **soffritto mix** and cook, stirring, until tender, **6-8 minutes**.
- Add half the **garlic, garlic & herb seasoning** and **arborio rice**, stirring, until fragrant, **1-2 minutes**.
- Add **vegetable stock powder** and the **water**. Bring to the boil, then remove from heat.



Finish the risotto

- Remove **risotto** from oven and stir through **plant-based basil pesto** and the remaining **plant-based butter**. Season to taste.

TIP: Stir through a splash of water to loosen the risotto if needed.

Custom Recipe: If you've added grated Parmesan cheese, stir Parmesan through the risotto along with the plant-based basil pesto.



Bake the risotto

- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



Serve up

- Divide plant-based basil pesto and mushroom risotto between bowls.
- Top with pine nut pangrattato and tear over **parsley** to serve. Enjoy!

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