



# Creamy Pork & Basil Pesto Risotto

with Leek, Parsley & Macadamias

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Courgette



Crushed Macadamias



Pork Mince



Arborio Rice



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Cream



Basil Pesto



Parsley



Beef Mince

### Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with courgette. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 40-50 mins

Green is a colour that invokes a sense of calm and earthy goodness. That's the vision for this risotto, creamy pork sauce with comforting veggies like leek and crunchy celery come into harmony. Basil pesto on top for a classic finish and it's sweet dreams for you tonight!

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

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
courgette	1	2
crushed macadamias	½ packet	1 packet
pork mince	1 small packet	2 small packets OR 1 large packet
arborio rice	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 large sachet	2 large sachets
<b>boiling water**</b>	2¼ cups	4½ cups
cream	½ packet (125ml)	1 packet (250ml)
basil pesto	1 packet (50g)	1 packet (100g)
parsley	1 bag	1 bag
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3953kJ (945Cal)	963kJ (230Cal)
Protein (g)	36.9g	9g
Fat, total (g)	51.3g	12.5g
- saturated (g)	21.9g	5.3g
Carbohydrate (g)	82.8g	20.2g
- sugars (g)	7.5g	1.8g
Sodium (mg)	1616mg	394mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4244kJ (1014Cal)	1034kJ (247Cal)
Protein (g)	41.1g	10g
Fat, total (g)	55.8g	13.6g
- saturated (g)	24.8g	6g
Carbohydrate (g)	82.8g	20.2g
- sugars (g)	7.5g	1.8g
Sodium (mg)	1581mg	385mg

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](https://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



2023 | CW39



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Thinly slice **leek**. Cut **courgette** into small chunks.
- Heat a large frying pan over medium-high heat. Toast **crushed macadamias** (see ingredients), tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



## Finish the risotto

- Transfer **risotto mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.
- When the **risotto** is done, stir through **cream** (see ingredients). Season to taste.

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

**TIP:** Add a dash of water to the risotto if it looks a little dry.



## Start the risotto

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince, courgette** and **leek**, breaking mince up with a spoon, until just browned, **4-5 minutes**.
- Add **arborio rice** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1 minute**.
- Remove from heat, then add **chicken-style stock powder** and the **boiling water** (2¼ cups for 2 people / 4½ cups for 4 people). Season with **salt** and **pepper**. Stir to combine.

**Custom Recipe:** If you've swapped pork mince for beef mince, cook beef mince in the same way as pork mince.



## Serve up

- Divide creamy pork and veggie risotto between bowls.
- Dollop over **basil pesto**.
- Sprinkle with toasted macadamias and tear over **parsley** to serve. Enjoy!

**Little cooks:** Add the finishing touch by topping with the garnishes.

## Rate your recipe

Did we make your tastebuds happy?

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