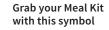


# **Baked Tomato & Pesto Risotto**

with Baby Broccoli, Parmesan & Toasted Walnuts

CLIMATE SUPERSTAR













Arborio Rice Baby Broccoli



Garlic & Herb Seasoning

Vegetable Stock Powder







Tomato

Walnuts



**Baby Spinach** 





Cheese

Grated Parmesan Basil Pesto



Parsley



Prep in: 30-40 mins Ready in: 40-50 mins

When our recipe developers first whipped this one up, we all gathered close. "It's...it's beautiful!" someone exclaimed. And it was. Let's just say when we tasted it, we weren't disappointed. Enjoy!

**Pantry items** 

Olive Oil, Butter, Brown Sugar

## 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  $\cdot$  Medium or large baking dish  $\cdot$  Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
baby broccoli	1 bag	1 bag
butter*	20g	40g
arborio rice	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
tomato	2	4
brown sugar*	1 tsp	2 tsp
walnuts	1 packet	2 packets
lemon	1/2	1
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
basil pesto	1 packet (50g)	1 packet (100g)
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	677kJ (162Cal)
Protein (g)	20.8g	4.1g
Fat, total (g)	39.8g	7.8g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	92.5g	18.1g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1284mg	251mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4049kJ (968Cal)	721kJ (172Cal)
Protein (g)	28.7g	5.1g
Fat, total (g)	51.9g	9.2g
- saturated (g)	15.8g	2.8g
Carbohydrate (g)	92.6g	16.5g
- sugars (g)	13.4g	2.4g
Sodium (mg)	1683mg	300mg

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

2023 | CW44



## Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop onion and garlic. Cut baby broccoli into thirds.
- In a large frying pan, heat the butter and a drizzle of olive oil over medium-high heat.
   Cook onion, stirring, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
- Add arborio rice and garlic & herb seasoning, stir to combine, then cook until rice is coated and slightly translucent, 1-2 minutes.

**Custom Recipe:** If you've added diced bacon to your meal, cook bacon with onion, breaking up bacon with a spoon, until browned, 3-4 minutes.



#### Bake the risotto

- Add the water and vegetable stock powder to the pan. Bring to the boil, then remove from heat. Carefully transfer the 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.



# Roast the veggies

- While the risotto is baking, cut tomato into wedges.
- Place tomato and baby broccoli on a lined oven tray. Add the brown sugar, then drizzle with olive oil and season with salt and pepper. Toss to coat and roast until veggies are caramelised and tender, 15-20 minutes.



# Toast the walnuts

- · Roughly chop walnuts.
- Wipe out the frying pan, then return to medium-high heat. Toast walnuts, tossing, until fragrant, 3-4 minutes. Transfer to a small bowl and set aside.
- Meanwhile, cut **lemon** into wedges.



## Finish the risotto

 When the risotto is done, stir through the roasted veggies, baby spinach leaves, grated Parmesan cheese, basil pesto and a generous squeeze of lemon juice. Season to taste.

TIP: Add a splash of water if the risotto looks dry.



# Serve up

- Divide tomato and basil pesto risotto between bowls.
- Top with toasted walnuts. Tear over parsley leaves. Serve with any remaining lemon wedges. Enjoy!



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