



Baked Tomato & Pesto Risotto

with Baby Broccoli, Parmesan & Toasted Walnuts

CLIMATE SUPERSTAR

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Recipe Update
Unfortunately, this week's tinned cherry tomatoes were in short supply, so we've replaced them with tomato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Onion



Garlic



Baby Broccoli



Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Tomato



Walnuts



Lemon



Baby Spinach Leaves



Grated Parmesan Cheese



Basil Pesto



Parsley



Diced Bacon

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!

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

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 · Medium or large baking dish · 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	½	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

*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



1



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.

4



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.

2



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.

5



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.

3



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**.

6



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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