



Mushroom, Tomato & Basil Pesto Risotto

with Pear Salad & Almonds

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Button Mushrooms



Garlic & Herb Seasoning



Herb & Mushroom Seasoning



Tomato Paste



Arborio Rice



Vegetable Stock Powder



Roasted Almonds



Pear



Baby Spinach Leaves



Plant-Based Basil Pesto



Diced Bacon

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



Plant Based*

*Custom Recipe is not Plant Based

Keep warm with an expertly cooked and flavoured risotto (in case it wasn't clear, you're the expert!). Hearty and homey, the earthen taste of the mushrooms blended with a tomato sauce and topped with basil pesto, come together to create a risotto that has everyone humming with bliss.

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

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Balsamic)

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	2 cloves	4 cloves
button mushrooms	1 packet	1 packet
plant-based butter*	20g	40g
garlic & herb seasoning	1 medium sachet	1 large sachet
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	½ packet	1 packet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
roasted almonds	1 packet	2 packets
pear	1	2
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
plant-based basil pesto	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	924kJ (221Cal)
Protein (g)	18.4g	5.3g
Fat, total (g)	34.8g	10g
- saturated (g)	8g	2.3g
Carbohydrate (g)	91.5g	26.4g
- sugars (g)	12.3g	3.5g
Sodium (mg)	1489mg	429mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3791kJ (906Cal)	955kJ (228Cal)
Protein (g)	26.3g	6.6g
Fat, total (g)	46.9g	11.8g
- saturated (g)	12.4g	3.1g
Carbohydrate (g)	91.6g	23.1g
- sugars (g)	12.3g	3.1g
Sodium (mg)	1888mg	476mg

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 **garlic**. Thinly slice **button mushrooms**.
- In a large frying pan, heat the **plant-based butter** and a drizzle of **olive oil** over high heat. Cook **mushrooms**, stirring, until softened, **5-6 minutes**.
- Add the **garlic, garlic & herb seasoning, herb & mushroom seasoning, tomato paste (see ingredients)** and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your meal, cook the bacon with the mushrooms, breaking up with a spoon, until browned, 5-6 minutes.

3



Make the salad

- While the risotto is baking, roughly chop **roasted almonds**. Thinly slice **pear**.
- When the risotto has **5 minutes** remaining, combine **pear, baby spinach leaves** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.

2



Bake the risotto

- Add the **water** and **vegetable stock powder** to the pan and bring to the boil.
- Transfer **risotto** to a baking dish, then cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' means rice is cooked through but still has a bit of firmness in middle.

TIP: Add a splash more water if risotto mixture looks too thick.

4



Serve up

- Divide mushroom and tomato risotto between bowls. Top with **plant-based basil pesto** and almonds.
- Serve with pear salad. Enjoy!

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