



Plant-Based Basil Pesto & Courgette Risotto

with Almond Pangrattato & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Courgette



Garlic



Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Roasted Almonds



Panko Breadcrumbs



Plant-Based Basil Pesto



Baby Spinach Leaves



Parsley



Diced Bacon

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



Plant Based*

*Custom Recipe is not Plant Based

This rich, creamy risotto comes together in the oven, leaving you free to create a quick and crunchy almond pangrattato to sprinkle over at the end. Such a small factor takes this plant-based veggie meal to the next level – taste it and see!

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
courgette	1	2
garlic	3 cloves	6 cloves
plant-based butter*	30g	60g
arborio rice	1 packet	1 packet
garlic & herb seasoning	1 large sachet	2 large sachets
vegetable stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
roasted almonds	½ packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
plant-based basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
parsley	½ bag	1 bag
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3486kJ (833Cal)	893kJ (213Cal)
Protein (g)	18.7g	4.8g
Fat, total (g)	39g	10g
- saturated (g)	10.7g	2.7g
Carbohydrate (g)	98.6g	25.3g
- sugars (g)	9.1g	2.3g
Sodium (mg)	1514mg	388mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4071kJ (973Cal)	925kJ (221Cal)
Protein (g)	26.6g	6g
Fat, total (g)	51.1g	11.6g
- saturated (g)	15.1g	3.4g
Carbohydrate (g)	98.6g	22.4g
- sugars (g)	9.1g	2.1g
Sodium (mg)	1913mg	435mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **leek**. Slice **courgette** into rounds.
- Place **leek** and **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the pangrattato

- Meanwhile, roughly chop **roasted almonds** (see ingredients).
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **panko breadcrumbs** (see ingredients) and **almonds**, stirring, until golden brown, **3 minutes**.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**. Season and set aside.

2



Start the risotto

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat half the **plant-based butter** and a drizzle of **olive oil** over medium-high heat. Cook **arborio rice**, **garlic & herb seasoning** and half the **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add **vegetable stock powder** and the **water**. Bring to the boil, then remove from heat.

Custom Recipe: If you've added diced bacon, heat the pan as above with half the plant-based butter. Before cooking the arborio rice, cook bacon, breaking up with a spoon, until golden, 5-6 minutes. Continue with step.

5



Finish the risotto

- Remove the baking dish from the oven, then stir through **plant-based basil pesto** and the remaining **plant-based butter**.
- Gently stir through **baby spinach leaves** and **roasted veggies**.

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

3



Bake the risotto

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

6



Serve up

- Divide plant-based basil pesto and courgette risotto between bowls.
- Top with almond pangrattato and tear over **parsley** (see ingredients) to serve. Enjoy!

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