

# Plant-Based Basil Pesto & Courgette Risotto

with Almond Pangrattato & Parsley

CLIMATE SUPERSTAR



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!

Pantry items Olive Oil, Plant-Based Butter

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

## 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

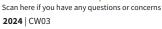
The quantities provided above are averages only.

### 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!





### 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.



### 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.



## 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.



## 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.



## 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!



### 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.

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