

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

Grab your Meal Kit with this symbol



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

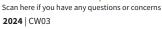
The quantities provided above are averages only.

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.

2024 | CW03

