



Bacon & Leek Pesto Risotto

with Garlic Pangrattato

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Leek



Garlic



Diced Bacon



Garlic & Herb Seasoning



Risotto-Style Rice



Panko Breadcrumbs



Baby Leaves



Basil Pesto



Grated Parmesan Cheese



Chicken Breast

Prep in: 20-30 mins
Ready in: 45-55 mins

Eat Me Early*
*Custom Recipe only

This risotto is green and keen. Leek and bacon are coming together to form an unstoppable duo with plenty of flavour from the basil pesto stirred through, with baby leaves and a crunchy garlic pangrattato. We won't keep you any longer, dig in!

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

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
leek	1	2
garlic	1 clove	2 cloves
diced bacon	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
water*	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
baby leaves	1 medium packet	1 large packet
basil pesto	1 medium packet	1 large packet
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	1149kJ (275Cal)
Protein (g)	25.4g	8.4g
Fat, total (g)	40.5g	13.4g
- saturated (g)	15.1g	5g
Carbohydrate (g)	90.8g	30.1g
- sugars (g)	5.9g	2g
Sodium (mg)	1607mg	534mg
Dietary Fibre (g)	3.3g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4231kJ (1011Cal)	884kJ (211Cal)
Protein (g)	64.3g	13.4g
Fat, total (g)	43.8g	9.1g
- saturated (g)	16.1g	3.4g
Carbohydrate (g)	91.8g	19.2g
- sugars (g)	6.1g	1.3g
Sodium (mg)	1742mg	364mg
Dietary fibre (g)	3.3g	0.7g

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



2024 | CW21



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**. Finely chop **garlic**.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Make the pangratatto

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl and season to taste.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **leek**, breaking up with a spoon, until golden, **3-4 minutes**.
- Add **garlic & herb seasoning** and **risotto-style rice**, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and bring to the boil. Remove from heat.

Custom Recipe: Cook chicken with bacon until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with recipe as above.



Bring it all together

- Remove **risotto** from oven, then stir through **baby leaves, basil pesto, the butter and grated Parmesan cheese**.
- Stir through a splash of **water** to loosen the **risotto** if needed. Season to taste.



Bake the risotto

- Transfer **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.



Serve up

- Divide bacon and leek risotto between bowls.
- Top with garlic pangratatto to serve. Enjoy!

Rate your recipe

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