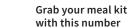


Baked Baby Broccoli & Pesto Risotto with Cherry Tomatoes, Parmesan & Flaked Almonds

CLIMATE SUPERSTAR















Baby Broccoli





Garlic & Herb



Vegetable Stock

Powder

Seasoning



Cherry Tomatoes



Flaked Almonds





Basil Pesto

Baby Leaves



Grated Parmesan



Cheese







Pantry items Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 \cdot Medium or large baking dish \cdot Oven tray lined with baking paper

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
garlic	3 cloves	6 cloves	
baby broccoli	½ medium bunch	1 medium bunch	
butter*	20g	40g	
risotto-style rice	1 packet	2 packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
water*	2 cups	4 cups	
vegetable stock powder	1 medium sachet	1 large sachet	
cherry tomatoes	1 medium packet	1 large packet	
brown sugar*	1 tsp	2 tsp	
flaked almonds	½ packet	1 packet	
lemon	1/2	1	
baby leaves	1 small packet	1 medium packet	
grated Parmesan cheese	1 medium packet	1 large packet	
basil pesto	1 medium packet	1 large packet	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	768kJ (184Cal)
Protein (g)	18.4g	4.4g
Fat, total (g)	35.8g	8.6g
- saturated (g)	11.6g	2.8g
Carbohydrate (g)	91.7g	21.9g
- sugars (g)	7.8g	1.9g
Sodium (mg)	1148mg	275mg
Dietary Fibre (g)	10.8g	2.6g

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.



Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop onion (see ingredients) and garlic.
 Cut baby broccoli (see ingredients) into thirds.
- In a large frying pan, heat the butter and a drizzle of olive oil over medium-high heat. Cook onion, stirring, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
- Add risotto-style rice and garlic & herb seasoning, stir to combine, then cook until rice is coated and slightly translucent, 1-2 minutes.



Bake the risotto

- Add the water and vegetable stock powder to the pan. Bring to the boil, then remove from heat. Carefully transfer the 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.



Roast the cherry tomatoes

- While the risotto is baking, place cherry tomatoes and baby broccoli on a lined oven tray.
- Add the brown sugar, then drizzle with olive oil and season with salt and pepper. Toss to coat and roast until veggies are caramelised and tender, 15-20 minutes.



Toast the almonds

- Wipe out frying pan and return to medium-high heat. Toast flaked almonds (see ingredients), tossing, until golden, 2-3 minutes. Transfer to a small bowl and set aside.
- Meanwhile, cut **lemon** into wedges.



Finish the risotto

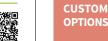
 When the risotto is done, stir through the roasted veggies, baby leaves, grated Parmesan cheese, basil pesto and a generous squeeze of lemon juice. Season to taste.

TIP: Add a splash of water if the risotto looks dry.



Serve up

- Divide cherry tomato and basil pesto risotto between bowls.
- Top with toasted flaked almonds. Tear over parsley. Serve with any remaining lemon wedges. Enjoy!



ADD DICED BACON

Before starting risotto, cook bacon, breaking up with a spoon, until browned, 4-5 mins. Continue with recipe.

ADD CHICKEN BREAST STRIPS

Before cooking veggies, cook with a drizzle of olive oil until browned and cooked through, 3-4 mins. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

