



Baked Baby Broccoli & Pesto Risotto

with Cherry Tomatoes, Parmesan & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Onion



Garlic



Baby Broccoli



Risotto-Style Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Cherry Tomatoes



Flaked Almonds



Lemon



Baby Leaves



Grated Parmesan Cheese



Basil Pesto



Parsley



Diced Bacon



Chicken Breast Strips

Prep in: 30-40 mins
Ready in: 40-50 mins

When our recipe developers first whipped this one up, we all gathered close. "It's...it's beautiful!" someone exclaimed. And it was, with juicy baked cherry tomatoes and basil pesto. Let's just say when we tasted it, we weren't disappointed. Enjoy!

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 · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	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	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



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**.



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.



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.



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.



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**.



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!

CUSTOM OPTIONS



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.

