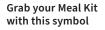


# Bacon & Cherry Tomato Risotto with Basil, Parmesan & Pine Nuts

















Lemon



Diced Bacon



Chilli Flakes

(Optional)



Arborio Rice



Garlic & Herb Seasoning



Chicken-Style Stock Powder



**Tinned Cherry** Tomatoes





Baby Spinach Leaves



**Grated Parmesan** Cheese



Olive Oil, Balsamic Vinegar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

## Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
lemon	1/2	1	
basil	1 bunch	1 bunch	
diced bacon	1 packet	1 packet	
chilli flakes	pinch	pinch	
arborio rice	1 packet	1 packet	
water*	2 cups	4 cups	
garlic & herb seasoning	1 sachet	1 sachet	
chicken-style stock powder	1 sachet	2 sachets	
tinned cherry tomatoes	1 tin	2 tins	
balsamic vinegar*	1 tbs	2 tbs	
pine nuts	1 packet	2 packets	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
butter*	20g	40g	
grated Parmesan cheese	1 packet (60g)	2 packets (120g)	

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3742kJ (894Cal)	695kJ (166Cal)
Protein (g)	30.5g	5.7g
Fat, total (g)	38.4g	7.1g
- saturated (g)	16.2g	3g
Carbohydrate (g)	98.9g	18.4g
- sugars (g)	13.8g	2.6g
Sodium (mg)	2035mg	378mg

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.



## Get prepped

Preheat the oven to 220°C/200°C fan-forced. Thinly slice the brown onion. Finely chop the garlic. Zest the lemon to get a pinch, then slice into wedges. Pick the basil leaves.



#### Start the risotto

In a large frying pan, heat a small drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **diced bacon**, breaking up the bacon with a spoon, until golden, **6-7 minutes**. Add the **garlic** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**. Add the **arborio rice** and stir until well combined.



#### Bake the risotto

Add the water, garlic & herb seasoning and chicken-style stock powder to the pan, stir, then bring to the boil. Transfer the risotto to a baking dish. Cover tightly with foil and bake on the bottom shelf of the oven until the liquid is absorbed and the 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, drain the **tinned cherry tomatoes** and place on a lined oven tray. Add the **balsamic vinegar**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of the oven until caramelised, **15-20 minutes**. Meanwhile, wipe out the frying pan and return to a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Set aside.



## Finish the risotto

When the risotto is done, remove from the oven and stir through the **baby spinach leaves**. Add the **butter**, **grated Parmesan cheese**, a generous squeeze of **lemon juice** and the **lemon zest**. Stir to combine.

**TIP:** Add more or less lemon juice to taste. **TIP:** Stir through a splash of water if the risotto looks dry.



## Serve up

Divide the bacon and spinach risotto between bowls. Top with the roasted cherry tomatoes. Tear over the basil leaves and sprinkle with the toasted pine nuts.

## Enjoy!