



# Baked Cherry Tomato & Basil Pesto Risotto

with Walnuts & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Arborio Rice



Vegetable Stock



Tinned Cherry Tomatoes



Thyme



Walnuts



Basil



Lemon



Baby Spinach Leaves



Grated Parmesan Cheese



Basil Pesto

Hands-on: **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. Let's just say when we tasted it, we weren't disappointed. Enjoy!

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## 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

Medium frying pan · Medium baking dish · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
butter*	20g	40g
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	1 sachet	1 sachet
tinned cherry tomatoes	1 tin	2 tins
thyme	1 bunch	1 bunch
balsamic vinegar*	1 tbs	2 tbs
walnuts	1 packet	2 packets
basil	1 bunch	1 bunch
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
basil pesto	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3320kJ (794Cal)	728kJ (174Cal)
Protein (g)	20.5g	4.5g
Fat, total (g)	35.9g	7.9g
- saturated (g)	11.2g	2.5g
Carbohydrate (g)	95.8g	21.0g
- sugars (g)	12.5g	2.7g
Sodium (mg)	892mg	195mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Start the risotto

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). In a medium frying pan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **arborio rice**, stir to combine and cook until the rice is coated in oil and slightly translucent, **1-2 minutes**.



## 4. Toast the walnuts

While the cherry tomatoes are roasting, roughly chop the **walnuts**. Wipe out the frying pan and return to a medium-high heat. Add the **walnuts** and toast, tossing, until fragrant, **3-4 minutes**. Transfer to a small bowl. Pick and thinly slice the **basil leaves**. Slice the **lemon** (see ingredients list) into wedges.



## 2. Bake the risotto

Add the **water** and the **vegetable stock** to the pan. Bring to the boil, then remove from the heat. Carefully transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** 'Al dente' means the rice is cooked through but has a tiny bit of firmness left in the middle.



## 5. Finish the risotto

Remove the **risotto** from the oven and stir through the **baby spinach leaves**, **grated Parmesan cheese**, **basil pesto** and **3/4 of the basil leaves**. Add a **good squeeze of lemon juice** and season to taste with **salt** and **pepper**. Gently fold in the roasted **cherry tomatoes**.

**TIP:** Add a splash of water if the risotto looks dry.  
**TIP:** Seasoning is key in this dish, so taste, season with salt, pepper or a squeeze of lemon juice and taste again.



## 3. Roast the cherry tomatoes

While the risotto is baking, drain the **tinned cherry tomatoes**. Pick the **thyme** leaves. Place the **cherry tomatoes** and **thyme** on an oven tray lined with baking paper. Add the **balsamic vinegar**, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until caramelised, **15-20 minutes**.



## 6. Serve up

Divide the baked cherry tomato and basil pesto risotto between bowls. Top with the toasted walnuts and remaining basil leaves. Serve with the remaining lemon wedges.

## Enjoy!