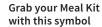


Baked Cherry Tomato & Pesto Risotto with Parmesan & Toasted Walnuts

CLIMATE SUPERSTAR















Arborio Rice





Vegetable Stock





Thyme

Walnuts





Lemon

Baby Spinach





Peeled Pumpkin **Grated Parmesan** Cheese

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients

and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Basil Pesto



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. Let's just say when we tasted it, we weren't disappointed. Enjoy!

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start Remember to wash your hands for 20 seconds

before you get cooking. You'll also need to give your fruit and

You will need

Two oven trays lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)		
onion	1 (medium)	1 (large)		
garlic	3 cloves	6 cloves		
butter*	20g	40g		
arborio rice	1 packet	1 packet		
garlic & herb seasoning	1 sachet	1 sachet		
water*	2 cups	4 cups		
vegetable stock powder	1 medium sachet	1 large sachet		
tinned cherry tomatoes	1 tin	2 tins		
thyme	1 bag	1 bag		
brown sugar*	1 tsp	2 tsp		
walnuts	1 packet	2 packets		
lemon	1/2	1		
baby spinach leaves	1 small bag	1 medium bag		
grated Parmesan cheese	1 packet (30g)	1 packet (60g)		
basil pesto	1 packet (50g)	1 packet (100g)		
diced bacon**	1 packet	1 packet		

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3496kJ (835Cal)	680kJ (162Cal)
Protein (g)	21.3g	4.1g
Fat, total (g)	40.7g	7.9g
- saturated (g)	11.9g	2.3g
Carbohydrate (g)	93g	18.1g
- sugars (g)	13.5g	2.6g
Sodium (mg)	1294mg	252mg
Custom Recipe		

Ouscontriccipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4081kJ (975Cal)	724kJ (173Cal)
Protein (g)	29.3g	5.2g
Fat, total (g)	52.9g	9.4g
- saturated (g)	16.4g	2.9g
Carbohydrate (g)	93.1g	16.5g
- sugars (g)	13.5g	2.4g
Sodium (mg)	1693mg	300mg

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





Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.
- Meanwhile, finely chop onion and garlic.
- 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 arborio rice and garlic & herb seasoning, stir to combine, then cook until the rice is coated and slightly translucent, 1-2 minutes.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with onion, breaking up bacon with a spoon, until browned, 3-4 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 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 tomatoes

- While the risotto is baking, drain tinned cherry tomatoes. Pick thyme leaves.
- Place cherry tomatoes and thyme on a second lined oven tray. Add the brown sugar, then drizzle with olive oil and season with salt and pepper.
- · Toss to coat, then roast until caramelised, 15-20 minutes.



Toast the walnuts

- Meanwhile, roughly chop walnuts.
- · Wipe out the frying pan and return to mediumhigh heat. Toast walnuts, tossing, until fragrant, **3-4 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 spinach leaves, grated Parmesan cheese, basil pesto and a good squeeze of lemon juice and 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 walnuts.
- · Serve with any remaining lemon wedges. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate