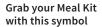


Baked Cherry Tomato & Pesto Risotto with Parmesan & Toasted Walnuts

CLIMATE SUPERSTAR













Baby Broccoli



Arborio Rice



Garlic & Herb



Vegetable Stock

Powder

Seasoning



Tinned Cherry Tomatoes





Walnuts



Lemon

Thyme



Baby Spinach



Grated Parmesan

Leaves



Basil Pesto



Pantry items

Olive Oil, Butter, Brown Sugar

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

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

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1	1	
garlic	3 cloves	6 cloves	
baby broccoli	1 bag	1 bag	
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)	

*Pantry Items

Nutrition

Per Serving	Per 100g
3496kJ (836Cal)	680kJ (163Cal)
21.3g	4.1g
40.7g	7.9g
11.9g	2.3g
93g	18.1g
13.5g	2.6g
1294mg	252mg
	3496kJ (836Cal) 21.3g 40.7g 11.9g 93g 13.5g

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 and garlic. Trim baby broccoli and cut 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 arborio rice and garlic & herb seasoning, stir to combine, then cook until the 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 veggies

- While the risotto is baking, drain tinned cherry tomatoes. Pick thyme leaves.
- Place cherry tomatoes, baby broccoli and thyme on a 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 and tender, **15-20 minutes**.



Toast the walnuts

- · Meanwhile, roughly chop walnuts.
- Wipe out the frying pan, then return to medium-high 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 pesto risotto between bowls.
- Top with toasted walnuts. Serve with any remaining lemon wedges. Enjoy!

