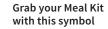


# Baked Cherry Tomato, Sage & Pesto Risotto

with Parmesan & Toasted Walnuts

CLIMATE SUPERSTAR















Baby Broccoli



Arborio Rice



Garlic & Herb



Vegetable Stock Powder

Seasoning



**Tinned Cherry** 









**Grated Parmesan** 







**Pantry items** 

Olive Oil, Butter, Brown Sugar

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!

# Before you start

Wash your hands and any fresh food

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

# Ingredients

2 People	4 People
refer to method	refer to method
1 (medium)	1 (large)
3 cloves	6 cloves
1 bag	1 bag
20g	40g
1 packet	1 packet
1 sachet	1 sachet
2 cups	4 cups
1 medium sachet	1 large sachet
1 tin	2 tins
1 bag	1 bag
1 tsp	2 tsp
1 packet	2 packets
1 small bag	1 medium bag
1 medium packet	1 large packet
1 packet (50g)	1 packet (100g)
1 packet	1 packet
	refer to method 1 (medium) 3 cloves 1 bag 20g 1 packet 1 sachet 2 cups 1 medium sachet 1 tin 1 bag 1 tsp 1 packet 1 small bag 1 medium packet 1 packet (50g)

\*Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	678kJ (162Cal)
Protein (g)	20.7g	4g
Fat, total (g)	40.2g	7.9g
- saturated (g)	11.6g	2.3g
Carbohydrate (g)	93g	18.2g
- sugars (g)	13.5g	2.6g
Sodium (mg)	1280mg	250mg
Custom Pecine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4055kJ (969Cal)	<b>722kJ</b> (172Cal)
Protein (g)	28.6g	5.1g
Fat, total (g)	52.4g	9.3g
- saturated (g)	16g	2.8g
Carbohydrate (g)	93.1g	16.6g
- sugars (g)	13.5g	2.4g
Sodium (mg)	1679mg	299mg

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

2023 | CW19



#### Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop onion and garlic. Cut baby broccoli 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 rice is coated and slightly translucent, 1-2 minutes.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with onion and garlic, 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 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 cherry tomatoes

- While the risotto is baking, drain tinned cherry tomatoes. Pick sage leaves.
- Place cherry tomatoes, baby broccoli and sage 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 veggies are caramelised and tender, 15-20 minutes.

**TIP:** Reserve and refrigerate the passata from the cherry tomatoes to use in another meal!



#### Toast the walnuts

- · 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.



## Finish the risotto

 When the risotto is done, stir through the roasted veggies, baby spinach leaves, grated Parmesan cheese and basil pesto. Season to taste.

**TIP:** Add a splash of water if the risotto looks dry.



# Serve up

- Divide cherry tomato, sage and basil pesto risotto between bowls.
- Top with toasted walnuts to serve. Enjoy!



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