



Baked Cherry Tomato & Pesto Risotto

with Goat Cheese & Toasted Walnuts

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Tinned Cherry Tomatoes



Thyme



Walnuts



Basil



Lemon



Baby Spinach Leaves



Goat Cheese



Basil Pesto



Diced Bacon

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!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, 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 veggies a wash.

You will need

Large frying pan · Medium or large 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	1 packet
garlic & herb seasoning	1 sachet	1 sachet
water*	2 cups	4 cups
vegetable stock powder	1 sachet	1 sachet
tinned cherry tomatoes	1 tin	2 tins
thyme	1 bunch	1 bunch
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
walnuts	1 packet	2 packets
basil	1 bunch	1 bunch
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
goat cheese	½ packet (40g)	1 packet (80g)
basil pesto	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3742kJ (894Cal)	760kJ (181Cal)
Protein (g)	20g	4.1g
Fat, total (g)	40.1g	8.1g
- saturated (g)	11.5g	2.3g
Carbohydrate (g)	106.8g	21.7g
- sugars (g)	15.9g	3.2g
Sodium (mg)	1011mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4327kJ (1034Cal)	798kJ (190Cal)
Protein (g)	28g	5.2g
Fat, total (g)	52.2g	9.6g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	106.8g	19.7g
- sugars (g)	15.9g	2.9g
Sodium (mg)	1410mg	260mg

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](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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Start the risotto

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

CUSTOM RECIPE

Add the diced bacon with the onion and cook, breaking up with a spoon, until browned, 3-4 minutes. Continue with step.



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 and set aside. Pick and thinly slice the **basil** leaves. Slice the **lemon** into wedges.



Bake the risotto

Add the **water** and **vegetable stock powder** to the pan. Bring to the boil, then remove from the 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.



Finish the risotto

When the **risotto** is done, stir through the **baby spinach leaves**, **goat cheese** (see ingredients), **basil pesto** and 3/4 of the **basil** leaves. Add a good squeeze of **lemon juice** and season to taste.

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

TIP: Seasoning is key in this dish. Season with more salt, pepper or lemon juice to taste.



Roast the tomatoes

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



Serve up

Divide the risotto between bowls. Top with the roasted cherry tomatoes, toasted walnuts and remaining basil leaves. Serve with any remaining lemon wedges.

Enjoy!