

# Mushroom, Tomato & Basil Pesto Risotto

with Pear Salad & Almond Pangrattato

Grab your Meal Kit with this symbol



Onion



Garlic



Button Mushrooms



Roasted Almonds



Garlic & Herb Seasoning



Tomato Paste



Arborio Rice



Vegetable Stock Powder



Panko Breadcrumbs



Pear



Salad Leaves



Plant-Based Basil Pesto



Diced Bacon

 **Recipe Update**

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!

Prep in: **15-25 mins**  
Ready in: **40-50 mins**



Plant Based

*\*Custom recipe is not plant-based*

Keep warm with an expertly cooked and flavoured risotto (in case it wasn't clear, you're the expert!). Hearty and homey, the earthen taste of the mushrooms blended with a tomato sauce and stirred through with basil pesto come together to create a risotto that has everyone humming from bliss.

### Pantry items

Olive Oil, Plant-Based 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

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
button mushrooms	1 packet	1 packet
roasted almonds	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	½ packet	1 packet
arborio rice	1 packet	1 packet
<b>water*</b>	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
panko breadcrumbs	½ packet	1 packet
pear	1	2
salad leaves	1 medium bag	1 large bag
<b>balsamic vinegar*</b>	drizzle	drizzle
plant-based 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)	3622kJ (866Cal)	839kJ (201Cal)
Protein (g)	21.1g	4.9g
Fat, total (g)	35.4g	8.2g
- saturated (g)	8.2g	1.9g
Carbohydrate (g)	113.7g	26.3g
- sugars (g)	13.5g	3.1g
Sodium (mg)	1569mg	363mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4207kJ (1005Cal)	873kJ (209Cal)
Protein (g)	29.1g	6g
Fat, total (g)	47.5g	9.9g
- saturated (g)	12.6g	2.6g
Carbohydrate (g)	113.8g	23.6g
- sugars (g)	13.5g	2.8g
Sodium (mg)	1968mg	408mg

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://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**.
- Finely chop **onion** and **garlic**. Thinly slice **button mushrooms**. Roughly chop **roasted almonds**.
- In a large frying pan, heat **plant-based butter** and a drizzle of **olive oil** over high heat. Cook **onion** and **mushrooms**, stirring, until softened, **5-6 minutes**.
- Add 1/2 the **garlic, garlic & herb seasoning, tomato paste** (see ingredients) and **arborio rice** and cook, stirring, until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added diced bacon to your meal, cook the bacon with onion and mushrooms until browned, 5-6 minutes.



## Make the almond pangrattato

- Meanwhile, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Toast **panko breadcrumbs** (see ingredients) until golden, **2-3 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl, add **almonds**, toss to combine and season.



## Bake the risotto

- Add the **water** and **vegetable stock powder** to pan and bring to the boil.
- Transfer **risotto** to a baking dish, then cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



## Serve up

- While the breadcrumbs are toasting, thinly slice **pear**. In a large bowl, combine pear, **salad leaves**, a drizzle of **balsamic vinegar** and olive oil and season.
- When risotto is done, stir in **plant-based basil pesto** and season.
- Divide mushroom, tomato and basil pesto risotto between bowls. Top with almond pangrattato and serve with pear salad. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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