



Red Pesto & Veggie Risotto

with Lemon-Garlic Pangrattato

Grab your Meal Kit with this symbol



Brown Onion



Leek



Green Beans



Garlic



Arborio Rice



Vegetable Stock Powder



Lemon



Thyme



Panko Breadcrumbs



Chilli Flakes (Optional)



Grated Parmesan Cheese



Red Pesto



Baby Spinach Leaves

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Spicy (optional chilli flakes)

Our red pesto – made with chargrilled capsicum, sun-dried tomatoes, parmesan, basil and garlic – puts a fun twist on this veggie risotto. Sprinkle it with a lemon and garlic pangrattato for a burst of citrusy freshness and you've got a dinner that delivers with every mouthful.

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
leek	1	2
green beans	1 bag (200g)	1 bag (400g)
garlic	3 cloves	6 cloves
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
lemon	½	1
thyme	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
red pesto	1 packet (100g)	2 packets (200g)
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3642kJ (870Cal)	767kJ (183Cal)
Protein (g)	21.7g	4.6g
Fat, total (g)	36.8g	7.7g
- saturated (g)	11.4g	2.4g
Carbohydrate (g)	107g	22.5g
- sugars (g)	10.8g	2.3g
Sodium (mg)	1268mg	267mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**.

Finely chop the **brown onion**. Thinly slice the **leek**. Trim the **green beans** and cut into thirds. Finely chop the **garlic**.



Make the pangrattato

While the risotto is baking, zest the **lemon** to get a pinch, then slice into wedges. Pick the **thyme** leaves. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add the **lemon zest**, **thyme** and the remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl, then add a pinch of **chilli flakes** (if using). Season with **salt** and **pepper**. Set aside.



Start the risotto

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **leek** and **onion**, stirring, until softened, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water**, **green beans** and **vegetable stock powder** and bring to the boil.



Bring it all together

When the risotto is done, stir through the **grated Parmesan cheese**, **red pesto**, a squeeze of **lemon juice**, the **butter** and **baby spinach leaves** until wilted. Season to taste.

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



Bake the risotto

Transfer the **risotto mixture** to a baking dish, cover tightly with foil and bake until the liquid has absorbed and the rice is 'al dente', **25-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

Divide the red pesto and veggie risotto between bowls. Top with the lemon and garlic pangrattato. Serve with any remaining lemon wedges.

Enjoy!