

Baked Cherry Tomato & Pesto Risotto

with Pine Nuts & Parmesan

Grab your Meal Kit with this symbol



Onion



Garlic



Lemon



Arborio Rice



Vegetable Stock Powder



Cherry/ Snacking Tomatoes



Thyme



Mixed Leaves



Grated Parmesan Cheese



Basil Pesto



Pine Nuts




Parsley

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 30-40 mins
Ready in: 40-50 mins

 Naturally Gluten-Free
Not suitable for coeliacs

When our recipe developers first whipped this one up, we all gathered close. "It's...it's beautiful!" someone exclaimed. Baked until al dente and brought together with basil pesto, sharp Parmesan, sweet bursts of thyme-roasted cherry tomatoes, plus a squeeze of lemon to balance the richness, we think you'll agree!

Pantry items

Olive Oil, 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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
garlic	3 cloves	6 cloves
lemon	½	1
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
cherry/snacking tomatoes	1 punnet	2 punnets
thyme	1 bag	1 bag
balsamic vinegar*	1 tbs	2 tbs
mixed leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
basil pesto	1 packet (50g)	1 packet (100g)
pine nuts	1 medium packet	1 large packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3243kJ (775Cal)	749kJ (179Cal)
Protein (g)	18.6g	4.3g
Fat, total (g)	36.7g	8.5g
- saturated (g)	10.8g	2.5g
Carbohydrate (g)	89.8g	20.7g
- sugars (g)	10.4g	2.4g
Sodium (mg)	1249mg	289mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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**. Zest **lemon** to get a good pinch, then slice into wedges. 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 **lemon zest** and cook until fragrant, **1-2 minutes**. Add **arborio rice**. Stir to combine, then cook until rice is coated and slightly translucent, **1-2 minutes**.



Roast the cherry tomatoes

Place **cherry tomatoes** and **thyme** on a lined oven tray. Add the **balsamic vinegar**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until blistered, **15-20 minutes**.



Bake the risotto

Add the **water** and **vegetable stock powder** to the frying pan. Bring to the boil, then remove from heat. Transfer **risotto** to a baking dish. Cover tightly with foil. 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.



Finish the risotto

Remove **risotto** from oven. Stir through **mixed leaves**, **grated Parmesan cheese**, **basil pesto** and a squeeze of **lemon juice**. Season to taste. Gently fold in the roasted **cherry tomatoes**.

TIP: If the risotto is dry, add a splash of water and stir through.



Get prepped

While risotto is baking, halve **cherry tomatoes**. Pick **thyme** leaves.



Serve up

Divide baked cherry tomato and pesto risotto between bowls. Top with **pine nuts** and tear over **parsley** leaves. Serve with any remaining lemon wedges.

Enjoy!

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