



Baked Cherry Tomato & Pesto Risotto

with Rosemary, Pine Nuts & Parmesan

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Kale



Lemon



Arborio Rice



Vegetable Stock Powder



Garlic & Herb Seasoning



Snacking Tomatoes



Rosemary



Pine Nuts



Shaved Parmesan Cheese



Basil Pesto



Diced Bacon

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. Baked until al dente and brought together with bright 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!

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

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

Medium or large baking dish, Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
kale	1 medium bag	1 large bag
lemon	½	1
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
rosemary	2 sticks	4 sticks
balsamic vinegar*	1 tbs	2 tbs
shaved Parmesan cheese	1 medium packet	1 large packet
basil pesto	1 medium packet	2 medium packets
pine nuts	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3269kJ (781Cal)	773kJ (185Cal)
Protein (g)	19g	4.5g
Fat, total (g)	36.8g	8.7g
- saturated (g)	10.9g	2.6g
Carbohydrate (g)	90.8g	21.5g
- sugars (g)	9.4g	2.2g
Sodium (mg)	1207mg	285mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3657kJ (874Cal)	782kJ (187Cal)
Protein (g)	25.9g	5.5g
Fat, total (g)	43.6g	9.3g
- saturated (g)	13.4g	2.9g
Carbohydrate (g)	91.6g	19.6g
- sugars (g)	9.9g	2.1g
Sodium (mg)	1637mg	350mg

The quantities provided above are averages only.

Allergens

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

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2022 | CW46



Start the risotto

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **brown onion** and **garlic**. Roughly tear **kale** leaves, then discard stem. Zest **lemon** to get a good pinch, then slice into wedges.
- In a large frying pan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **4-5 minutes**.
- Add **garlic, lemon zest** and **kale**. Cook until fragrant, **1-2 minutes**.
- Add **arborio rice**. Stir to combine, then cook until rice is coated and slightly translucent, **1-2 minutes**.

Custom Recipe: If you've added bacon, cook diced bacon with onion, breaking up with a spoon, 4-5 minutes. Continue as instructed above.



Roast the cherry tomatoes

- Place **snacking tomatoes** and **rosemary** on a lined oven tray.
- Drizzle with the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Toss to coat.
- Roast until blistered, **15-20 minutes**.



Bake the risotto

- To the frying pan, add the **water, vegetable stock powder** and **garlic & herb seasoning**. 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

- When the **risotto** is ready, stir through **grated Parmesan cheese, basil pesto** and a squeeze of **lemon juice**. Season to taste.
- Gently fold in roasted **snacking tomatoes**.

TIP: Stir through a splash of water to loosen the risotto, if needed.



Get prepped

- Meanwhile, halve **snacking tomatoes**.
- Pick **rosemary leaves**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Serve up

- Divide baked cherry tomato and pesto risotto between bowls.
- Sprinkle with **pine nuts**.
- Serve with any remaining lemon wedges. Enjoy!

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