



Basil Pesto & Marinated Goat Cheese Risotto

with Baby Spinach & Walnuts

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Arborio Rice



Vegetable Stock



Walnuts



Green Beans



Baby Spinach Leaves



Basil Pesto



Marinated Goat Cheese

Hands-on: **25-35** mins
Ready in: **40-50** mins

Low Calorie

Naturally gluten-free
Not suitable for Coeliacs

Marinated goat cheese lends an indulgent, yet delicate flavour to this simple risotto that's baked in the oven for minimum fuss and maximum flavour. Yum!

Pantry items

Olive Oil

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 frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
arborio rice	1 packet	2 packets
vegetable stock	2 cubes	4 cubes
water*	2 cups	4 cups
walnuts	1 packet	2 packets
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (120g)	1 bag (180g)
basil pesto	1 sachet (50g)	1 sachet (100g)
marinated goat cheese	1 tub (100g)	2 tubs (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2295kJ (548Cal)	627kJ (149Cal)
Protein (g)	15.5g	4.2g
Fat, total (g)	18.2g	5g
- saturated (g)	5g	1.4g
Carbohydrate (g)	74.9g	20.5g
- sugars (g)	8.5g	2.3g
Sodium (mg)	1184mg	324mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press).



2. Cook the veggies

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and cook, stirring, until coated, **1 minute**.



3. Start the risotto

Crumble in the **vegetable stock** cubes. Slowly add the **water** and stir to dissolve the **stock**. Bring to the boil, then remove from the heat. Transfer the **risotto** to a medium baking dish and cover tightly with foil. Bake the risotto until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

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



4. Bake the risotto

While the risotto is baking, roughly chop the **walnuts**. Trim the **green beans**, then slice into thirds. Wipe out the frying pan and return to a medium-high heat. Add the **walnuts** and toast, tossing, until lightly browned and fragrant, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and cook until tender, **4-5 minutes**.



5. Finish the risotto

Once the risotto is done, stir through a **splash of water** if it looks dry. Add the **baby spinach leaves**, **basil pesto**, cooked **green beans** and **1/2 the marinated goat cheese**, then stir to combine. Add a **drizzle of the oil** from the **marinated goat cheese** tub. **Season to taste with pepper**.



6. Serve up

Divide the basil pesto and marinated goat cheese risotto between bowls. Sprinkle with the remaining marinated goat cheese and the toasted walnuts.

TIP: For the low-calorie option, serve with 1/2 the walnuts.

Enjoy!