

Easy Bacon & Basil Pesto Rice Bake

with Parmesan & Roasted Almonds

KID FRIENDLY









Snacking Tomatoes

Silverbeet



Diced Bacon







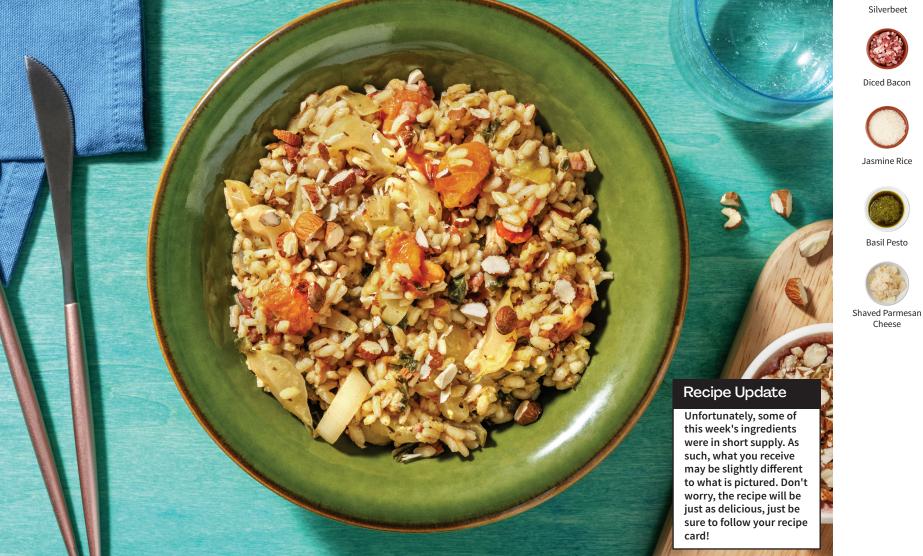
Jasmine Rice

Chicken-Style Stock Powder



Roasted Almonds





Pantry items Olive Oil, Butter

Prep in: 10-20 mins Ready in: 40-50 mins

Brimming with smokey bacon, bright and herby pesto and sharp Parmesan, plus blistered cherry tomatoes to balance the richness, every bite of this Italian dish delivers an explosion of flavour. Sit back while it bakes, before cosying up with a big bowl of deliciousness.

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

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
silverbeet	1 medium bag	1 large bag
snacking tomatoes	1 punnet	2 punnets
butter*	20g	40g
diced bacon	1 packet (90g)	1 packet (180g)
garlic & herb seasoning	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
water*	1 ¾ cups	3 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
basil pesto	1 packet	2 packets
roasted almonds	1 medium packet	1 large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	982kJ (235Cal)
Protein (g)	25.3g	7.3g
Fat, total (g)	41.4g	11.9g
- saturated (g)	12.7g	3.7g
Carbohydrate (g)	83.3g	24g
- sugars (g)	4.1g	1.2g
Sodium (mg)	1724mg	497mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3795kJ (907Cal)	968kJ (231Cal)
Protein (g)	32.2g	8.2g
Fat, total (g)	48.1g	12.3g
- saturated (g)	15.2g	3.9g
Carbohydrate (g)	84.1g	21.5g
- sugars (g)	4.6g	1.2g
Sodium (mg)	2155mg	550mg

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.

We're here to help! Scan here if you have any questions or concerns





Cook the bacon

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle. Roughly chop silverbeet.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **snacking** tomatoes, stirring, until blistered, 4-5 minutes.
- Reduce heat to medium-high. Add the butter, diced bacon and silverbeet and cook, breaking up **bacon** with a spoon, until golden, **4-6 minutes**.
- Add garlic & herb seasoning and cook until fragrant, 1 minute.

Custom Recipe: If you've doubled your bacon, cook bacon for an extra 2-3 minutes.



Finish the risotto

- When the baked rice is ready, stir through basil pesto.
- Season with salt and pepper to taste.



Bake the risotto

- To the frying pan, add **jasmine rice**, stirring to coat. Add the **water** and chicken-style stock powder. Stir to combine, then remove from heat.
- Transfer **rice mixture** to a baking dish. Cover tightly with foil, then bake for 20 minutes.
- Remove from oven and set aside to rest for 10 minutes, covered.



- Roughly chop roasted almonds.
- Divide bacon and basil pesto rice bake between bowls. Sprinkle with shaved Parmesan cheese and almonds. Enjoy!

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