



SMOKED HAM & BASIL PESTO RICE PILAF

with Green Beans



Make a Mod Oz style pilaf!



Brown Onion



Double Smoked Leg Ham



Green Beans



Zucchini



Garlic



Lemon



Basmati Rice



Chicken Stock



Traditional Pesto



Grated Parmesan Cheese

Hands-on: 20 mins
Ready in: 40 mins

Naturally gluten-free
Not suitable for Coeliacs

Did you know there are variations on rice dishes in many cuisines – from Turkey to the Caribbean? Now we've added modern Australian to the list, with this easy version using smoked ham, veggies and pesto and topped off with Parmesan. With just one bite, you'll get why the world is obsessed!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan with lid** (or foil) • **medium frying pan**



1 GET PREPPED

Finely chop the **brown onion**. Separate the **double smoked leg ham** slices and roughly chop into 2cm pieces. Trim the **green beans** and slice into thirds. Cut the **zucchini** into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see ingredients list) into wedges.



2 PAN-FRY THE HAM

Heat a large frying pan over a medium-high heat. Melt the **butter** with a **drizzle** of **olive oil**. Add the **onion** and **ham** and cook, stirring, until the onion has softened and the ham is starting to brown, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



3 ADD THE RICE

Add the **basmati rice** to the pan and stir to coat. Add the **warm water**, crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Cover with a lid (or foil) and reduce the heat to low. Simmer until the rice is tender and all the liquid has been absorbed, **16-20 minutes**. Season with a **pinch** of **pepper**.



4 COOK THE VEGGIES

When the rice has **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans**, **zucchini** and a **pinch** of **pepper** and cook, stirring occasionally, until slightly charred, **4-5 minutes**.



5 BRING EVERYTHING TOGETHER

When the rice is ready, stir through the **green beans**, **zucchini** and **traditional pesto**. **TIP:** *If any rice has stuck to the bottom of the pan, scrape it off and stir it through for extra flavour!*



6 SERVE UP

Divide the ham and pesto rice pilaf between plates. Top with the **grated Parmesan cheese**. Serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
double smoked leg ham	1 packet	2 packets
green beans	1 bag (100 g)	1 bag (200 g)
zucchini	1	2
garlic	2 cloves	4 cloves
lemon	½	1
butter*	10g	20g
basmati rice	1 packet	2 packets
warm water*	1½ cups	3 cups
chicken stock	1 cube	2 cubes
traditional pesto	1 tub (50 g)	1 tub (100 g)
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3190kJ (761Cal)	602kJ (144Cal)
Protein (g)	30.3g	5.7g
Fat, total (g)	35.2g	6.7g
- saturated (g)	8.8g	1.7g
Carbohydrate (g)	72.7g	13.7g
- sugars (g)	8.2g	1.6g
Sodium (g)	1650mg	311mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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