

Red Pesto & Veggie Risotto

with Almond-Herb Pangrattato

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Arborio Rice



Lemon



Italian Herbs



Panko Breadcrumbs



Flaked Almonds



Chilli Flakes (Optional)



Baby Spinach Leaves



Vegetable Stock Pot



Grated Parmesan Cheese



Red Pesto

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40** mins
Ready in: **45-55** mins

Made with chargrilled capsicum, sun-dried tomato, Parmesan, basil and garlic, our red pesto adds a rich and piquant depth of flavour to this risotto. Sprinkle with a herby pangrattato for some zing and crunch, and you have a dinner that delivers deliciousness with every mouthful.

Pantry items

Olive Oil, Butter

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

Ingredients

	2 People	4 People
olive oil	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	2	4
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (40g)	2 packets (80g)
lemon	1	2
panko breadcrumbs	½ medium packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
Italian herbs	1 medium sachet	1 large sachet
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3764kJ (900Cal)	793kJ (190Cal)
Protein (g)	20.1g	4.2g
Fat, total (g)	45.1g	9.5g
- saturated (g)	11.5g	2.4g
Carbohydrate (g)	100.2g	21.1g
- sugars (g)	15.9g	3.4g
Sodium (mg)	1589mg	335mg

The quantities provided above are averages only.

Allergens

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

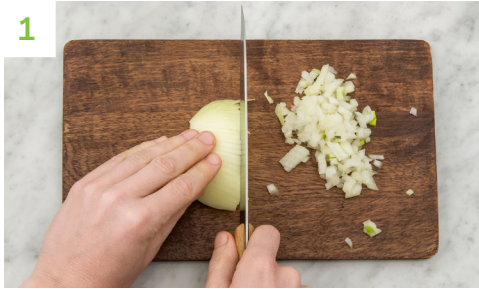
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW30



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**.
- Thinly slice **carrot** into half-moons.



Make the pangrattato

- Meanwhile, zest **lemon** to get a good pinch, then slice into wedges.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients) and **flaked almonds**, stirring, until golden brown, **3 minutes**.
- Add **lemon zest**, **Italian herbs** and remaining **garlic**. Cook until fragrant, **1-2 minutes**.
- Transfer **pangrattato** to a bowl. Add a pinch of **chilli flakes** (if using). Season with **salt** and **pepper**. Stir to combine.



Start the risotto

- In a large frying pan, heat 1/2 the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Add **arborio rice**, stirring to coat. Add the **water** and **vegetable stock pot**. Bring to the boil.



Bring it all together

- When the **risotto** is ready, stir through **grated Parmesan cheese**, **red pesto**, a squeeze of **lemon juice** and remaining **butter**.
- Stir through **baby spinach leaves** until wilted. Season to taste.



Bake the risotto

- Transfer **risotto mixture** to a baking dish. Cover tightly with foil, then bake for **20 minutes**.
- Remove **risotto** from oven. Stir through **carrot** and a splash of **water**.
- Re-cover with foil, then return to oven and bake until liquid is absorbed, carrot is tender and rice is 'al dente', a further **5-7 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

- Divide red pesto and veggie risotto between bowls.
- Top with almond-herb pangrattato.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate