



# Plant-Based Basil Pesto & Leek Risotto

with Almond Pangrattato & Baby Leaves

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Courgette



Garlic



Risotto-Style Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Roasted Almonds



Panko Breadcrumbs



Plant-Based Basil Pesto



Baby Leaves



Parsley



Diced Bacon

Prep in: 25-35 mins  
Ready in: 45-55 mins



Plant Based\*

\*Custom Recipe is not Plant Based

This rich, creamy risotto-style rice comes together in the oven, leaving you free to create a quick and crunchy almond pangrattato to sprinkle over at the end. Such a small factor takes this plant-based veggie meal to the next level – taste it and see!

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

### Pantry items

Olive Oil, Plant-Based Butter

## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
courgette	1	2
garlic	3 cloves	6 cloves
plant-based butter*	30g	60g
risotto-style rice	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
roasted almonds	½ packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
plant-based basil pesto	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	881kJ (211Cal)
Protein (g)	18.4g	4.8g
Fat, total (g)	39.7g	10.3g
- saturated (g)	11.5g	3g
Carbohydrate (g)	94.4g	24.4g
- sugars (g)	8.5g	2.2g
Sodium (mg)	1082mg	280mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3989kJ (953Cal)	914kJ (218Cal)
Protein (g)	26.3g	6g
Fat, total (g)	51.9g	11.9g
- saturated (g)	16g	3.7g
Carbohydrate (g)	94.5g	21.7g
- sugars (g)	8.5g	1.9g
Sodium (mg)	1481mg	340mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **leek**. Slice **courgette** into rounds.
- Place **leek** and **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



## Make the pangrattato

- Meanwhile, roughly chop **roasted almonds** (**see ingredients**).
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (**see ingredients**) and **almonds**, stirring, until golden brown, **3 minutes**.
- Add remaining **garlic** and cook, until fragrant, **1-2 minutes**. Season and set aside.

2



## Start the risotto

- Meanwhile, finely chop **garlic**.
- Heat a large frying pan over medium-high heat with half the **plant-based butter** and a drizzle of **olive oil**.
- Cook **risotto-style rice**, **garlic & herb seasoning** and half the **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add **vegetable stock powder** and the **water**. Bring to the boil, then remove pan from heat.

**Custom Recipe:** If you've added diced bacon, before cooking risotto-style rice, heat pan as above with half the plant-based butter. Cook bacon, breaking up with a spoon, until golden, 5-6 minutes. Continue with recipe as above.

5



## Finish the risotto

- Remove the baking dish from the oven, then stir through **plant-based basil pesto** and remaining **plant-based butter**.
- Gently stir through **baby leaves** and **roasted veggies**.

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

3



## Bake the risotto

- Transfer the **risotto** to a baking dish. Cover tightly with foil, then bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

6



## Serve up

- Divide plant-based basil pesto and leek risotto between bowls.
- Top with almond pangrattato and tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)