



Baked Cherry Tomato & Pesto Risotto

with Parmesan & Toasted Walnuts

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Green Beans



Arborio Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Tinned Cherry Tomatoes



Thyme



Walnuts



Sage



Lemon



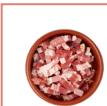
Baby Spinach Leaves



Grated Parmesan Cheese



Basil Pesto



Diced Bacon

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**

When our recipe developers first whipped this one up, we all gathered close. "It's...it's beautiful!" someone exclaimed. And it was. Let's just say when we tasted it, we weren't disappointed. Enjoy!



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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

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 · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| brown onion | 1 (medium) | 1 (large) |
| garlic | 3 cloves | 6 cloves |
| green beans | 1 bag (100g) | 1 bag (200g) |
| butter* | 20g | 40g |
| arborio rice | 1 packet | 1 packet |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| water* | 2 cups | 4 cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| tinned cherry tomatoes | 1 tin | 2 tins |
| thyme | 1 bag | 1 bag |
| balsamic vinegar* | 1 tbs | 2 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| walnuts | 1 packet | 2 packets |
| sage | 1 bag | 1 bag |
| lemon | ½ | 1 |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| grated Parmesan cheese | 1 packet (30g) | 1 packet (60g) |
| basil pesto | 1 packet (50g) | 1 packet (100g) |
| diced bacon** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3731kJ (891Cal) | 695kJ (166Cal) |
| Protein (g) | 20.9g | 3.9g |
| Fat, total (g) | 40.1g | 7.5g |
| - saturated (g) | 11.5g | 2.1g |
| Carbohydrate (g) | 104.7g | 19.5g |
| - sugars (g) | 13.9g | 2.6g |
| Sodium (mg) | 1135mg | 212mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4401kJ (1052Cal) | 662kJ (158Cal) |
| Protein (g) | 29.1g | 4.4g |
| Fat, total (g) | 52.6g | 7.9g |
| - saturated (g) | 15.9g | 2.4g |
| Carbohydrate (g) | 108.5g | 16.3g |
| - sugars (g) | 18.1g | 2.7g |
| Sodium (mg) | 1536mg | 231mg |

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)



Start the risotto

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and **garlic**. Trim the **green beans** and cut into thirds. In a large frying pan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **arborio rice** and **garlic & herb seasoning**, then stir to combine and cook until the rice is coated, **1-2 minutes**.

CUSTOM RECIPE

If you've added diced bacon to your meal, cook the bacon with the onion, breaking up with a spoon, until browned, 3-4 minutes. Continue with step.



Toast the walnuts

Roughly chop the **walnuts**. Wipe out the frying pan and return to a medium-high heat. Toast the **walnuts**, tossing, until fragrant, **3-4 minutes**. Remove the pan from the heat and set aside. Pick the **sage** leaves and finely chop. Cut the **lemon** into wedges.



Bake the risotto

Add the **water** and **vegetable stock powder** to the pan. Bring to the boil, then remove from the heat. Carefully transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

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



Finish the risotto

When the risotto is done, stir through the **thyme-roasted veggies**, **baby spinach leaves**, **grated Parmesan cheese**, **basil pesto** and 3/4 of the **sage** leaves. Add a good squeeze of **lemon juice** and season to taste.

TIP: Add a splash of water if the risotto looks dry.

TIP: Seasoning is key in this dish. Add more salt, pepper or lemon juice to taste.



Roast the veggies

While the risotto is baking, drain the **tinned cherry tomatoes**. Pick the **thyme** leaves. Place the **cherry tomatoes**, **green beans** and **thyme** on a lined oven tray. Add the **balsamic vinegar** and **brown sugar**, then drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until caramelised, **15-20 minutes**.



Serve up

Divide the risotto between bowls. Top with the toasted walnuts and remaining sage leaves. Serve with any remaining lemon wedges.

Enjoy!