



BASIL PESTO & GOAT CHEESE RISOTTO

with Baby Spinach & Walnuts



Make a hands-off risotto!



Brown Onion



Green Beans



Garlic



Arborio Rice



Traditional Pesto



Vegetable Stock



Baby Spinach Leaves



Goat Cheese



Walnuts

Hands-on: 25 mins
Ready in: 40 mins

Goat cheese lends an amazing yet delicate flavour to this simple risotto that's baked in the oven for minimum fuss and maximum flavour. Yum!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium frying pan** • **medium baking dish**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Trim and halve the **green beans**. Finely chop the **garlic** (or use a garlic press).



2 START THE RISOTTO

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and cook, stirring, until coated, **1 minute**.



3 ADD THE PESTO

Add the **traditional pesto** and crumbled **vegetable stock**. Slowly add the **water** and stir to dissolve the stock. Bring to the boil, then remove from the heat. Transfer the **risotto** to a medium baking dish and cover tightly with foil.



4 BAKE THE RISOTTO

Bake the risotto until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. Stir through a **splash of water** if the risotto looks dry. In the remaining **5 minutes** of cook time, stir through the **green beans** and place back in the oven until tender.



5 TOAST THE WALNUTS

While the risotto is baking, roughly chop the **walnuts**. Wipe out the frying pan and return to a medium-high heat. Add the **walnuts** and toast, tossing, until lightly browned and fragrant, **3-4 minutes**. Transfer to a plate. When the **risotto** has finished cooking, add the **baby spinach leaves** and **1/2 the goat cheese** and stir to combine. Season to taste with **pepper**.



6 SERVE UP

Divide the oven-baked pesto risotto between bowls. Sprinkle with the remaining goat cheese and the toasted walnuts.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
green beans	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
arborio rice	1 packet	2 packets
traditional pesto	1 tub (50g)	1 tub (100g)
vegetable stock	1 sachet	4 cubes
water*	2 cups	4 cups
baby spinach leaves	1 bag (120g)	1 bag (180g)
goat cheese	1 packet	2 packets
walnuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3140kJ (751Cal)	708kJ (169Cal)
Protein (g)	22.7g	5.1g
Fat, total (g)	30.2g	6.8g
- saturated (g)	7.8g	1.8g
Carbohydrate (g)	93.7g	21.1g
- sugars (g)	8.5g	1.9g
Sodium (g)	1140mg	258mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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