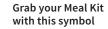


Pumpkin & Basil Pesto Risotto with Plant-Based Parmesan & Pine Nut Pangrattato













Pumpkin





Garlic & Herb



Arborio Rice

Seasoning



Vegetable Stock



Panko Breadcrumbs



Pine Nuts







Plant-Based **Basil Pesto**



Plant-Based Grated Parmesan



Pantry items

Olive Oil, Plant-Based Butter







This rich, creamy risotto comes together in the oven, leaving you free to create a quick and crunchy pine nut 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!

Before you start
You'll need to give your fruit and veggies a wash.

You will need

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

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
red onion	1 (medium)	1 (large)		
courgette	1	2		
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)		
garlic	2 cloves	4 cloves		
plant-based butter*	30g	60g		
garlic & herb seasoning	1 sachet	1 sachet		
arborio rice	1 packet	1 packet		
vegetable stock powder	1 large sachet	2 large sachets		
water*	2 cups	4 cups		
panko breadcrumbs	½ packet	1 packet		
pine nuts	1 packet	2 packets		
baby spinach leaves	1 bag (30g)	1 bag (60g)		
plant-based basil pesto	1 packet (50g)	1 packet (100g)		
plant-based grated Parmesan	1 medium packet	2 medium packets		
diced bacon**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2740kJ (654Cal)	469kJ (112Cal)
Protein (g)	19.9g	3.4g
Fat, total (g)	39.3g	6.7g
- saturated (g)	11.9g	2g
Carbohydrate (g)	118.1g	20.2g
- sugars (g)	17.1g	2.9g
Sodium (mg)	2014mg	344mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3325kJ (794Cal)	524kJ (125Cal)
Protein (g)	27.8g	4.4g
Fat, total (g)	51.5g	8.1g
- saturated (g)	16.3g	2.6g
Carbohydrate (g)	118.1g	18.6g
- sugars (g)	17.1g	2.7g
Sodium (mg)	2413mg	380mg

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the red onion into wedges. Cut the courgette into bite-sized chunks. Place the onion, courgette and peeled & chopped pumpkin 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.

TIP: If your oven tray is crowded, divide between two trays.



Start the risotto

While the veggies are roasting, finely chop the garlic. In a large frying pan, heat 1/2 the plant-based butter and a drizzle of olive oil over a medium-high heat. Cook the garlic, garlic & herb seasoning and arborio rice, stirring, until fragrant, 1-2 minutes. Add the vegetable stock powder and the water. Bring to the boil, then remove from the heat.

CUSTOM RECIPE

If you've added diced bacon to your meal, heat the pan as above with 1/2 the plant-based butter. Cook the bacon, breaking up with a spoon, until golden, 5-6 minutes. Continue with step.



Bake the risotto

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.



Make the pangrattato

While the risotto is baking, wipe out the frying pan and return to a medium-high heat with a drizzle of olive oil. Cook the panko breadcrumbs (see ingredients) and pine nuts, stirring, until golden, 3-4 minutes. Season and set aside.



Finish the risotto

Roughly chop the **baby spinach leaves**. Remove the baking dish from the oven, then stir through the plant-based basil pesto, 1/2 the plant-based grated Parmesan and the remaining butter. Gently stir through the baby spinach and roasted veggies. Season to taste.

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



Serve up

Divide the pumpkin and basil pesto risotto between bowls. Top with the pine nut pangrattato and remaining Parmesan to serve.

Enjoy!

^{*}Custom Recipe is not Plant Based.