



# Pumpkin & Basil Pesto Risotto

with Plant-Based Parmesan & Pine Nut Pangrattato

Grab your Meal Kit  
with this symbol



Red Onion



Courgette



Peeled & Chopped  
Pumpkin



Garlic



Garlic & Herb  
Seasoning



Arborio Rice



Vegetable Stock  
Powder



Panko Bread crumbs



Pine Nuts



Baby Spinach  
Leaves



Plant-Based  
Basil Pesto



Plant-Based  
Grated Parmesan



Diced  
Bacon

Hands-on: **25-35 mins**  
Ready in: **45-55 mins**

Plant Based\*



**CUSTOM RECIPE**

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

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!

## Pantry items

Olive Oil, Plant-Based Butter



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

	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.

\*Custom Recipe is not Plant Based.

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.

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



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.



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.



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.



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.



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.



Serve up

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

Enjoy!