



RED PESTO & GREEN BEAN RISOTTO

with Lemon & Garlic Pangrattato



Make a lemon and garlic pangrattato



Brown Onion



Green Beans



Garlic



Arborio Rice



Vegetable Stock



Lemon



Thyme



Panko Breadcrumbs



Chilli Flakes (Optional)



Grated Parmesan Cheese



Red Pesto



Baby Spinach Leaves

Hands-on: **30 mins**
Ready in: **45 mins**
Spicy (optional chilli flakes)

Our red pesto – made with chargrilled capsicum, sun-dried tomatoes, parmesan, basil and garlic – puts a fun twist on this veggie risotto. Sprinkle it with a lemon and garlic pangrattato for a burst of citrusy freshness and you’ve got a dinner that delivers with every mouthful.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- large frying pan • medium baking dish



1 GET PREPPED

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



2 START THE RISOTTO

Heat a large frying pan over a medium-high heat. Melt **1/2 the butter** with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and crumbled **vegetable stock** cubes and bring to the boil.



3 BAKE THE RISOTTO

Transfer the risotto mixture to a medium baking dish, cover tightly with foil and bake for **20 minutes**. Stir through a **splash of water** and the **green beans**, then re-cover with foil and return to the oven. Bake until the liquid is absorbed, the green beans are tender and the rice is 'al dente', **5-8 minutes**.

TIP: 'Al dente' means the rice is cooked through but still has a bit of firmness in the middle.



4 MAKE THE PANGRATTATO

While the risotto is baking, zest the **lemon** to get a **good pinch**, then slice into wedges. Pick the **thyme** leaves. Wipe out the frying pan and return to a medium-high heat with a **good drizzle of olive oil**. Add the **panko breadcrumbs** (see ingredients list) and cook, stirring, until golden brown, **3 minutes**. Add the **lemon** zest, thyme and the **remaining garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl, add a **pinch of chilli flakes** (if using) and season with a **pinch of salt** and **pepper**. Set aside.



5 BRING EVERYTHING TOGETHER

When the risotto is ready, stir through the **grated Parmesan cheese**, **red pesto**, a **squeeze of lemon** juice and the **remaining butter**. Stir through the **baby spinach leaves** until wilted. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the red pesto and green bean risotto between bowls. Top with the lemon and garlic pangrattato and serve with the remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
green beans	1 bag (200 g)	1 bag (400 g)
garlic	3 cloves	6 cloves
butter*	20 g	40 g
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	2 cubes	4 cubes
lemon	1	2
thyme	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)
red pesto	1 tub (100 g)	2 tubs (200 g)
baby spinach leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3830kJ (914Cal)	742kJ (177Cal)
Protein (g)	21.5g	4.2g
Fat, total (g)	41.1g	8.0g
- saturated (g)	11.2g	2.2g
Carbohydrate (g)	105g	20.4g
- sugars (g)	9.1g	1.8g
Sodium (g)	1140mg	220mg

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
Hello@HelloFresh.co.nz

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