



Baked Cherry Tomato & Pesto Risotto

with Pine Nuts & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Arborio Rice



Vegetable Stock



Cherry Tomatoes



Thyme



Pine Nuts



Basil



Lemon



Baby Spinach Leaves



Shaved Parmesan Cheese



Basil Pesto

- Hands-on: **30-40 mins**
- Ready in: **40-50 mins**
- Naturally gluten-free
- Not suitable for Coeliacs*

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!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Medium frying pan · Medium baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	1 cube	2 cubes
cherry tomatoes	1 punnet	2 punnets
thyme	1 bunch	1 bunch
balsamic vinegar*	1 tbs	2 tbs
pine nuts	1 packet	2 packets
basil	1 punnet	1 punnet
lemon	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
basil pesto	1 tub (50g)	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3160kJ (756Cal)	718kJ (172Cal)
Protein (g)	18.5g	4.2g
Fat, total (g)	30.7g	7.0g
- saturated (g)	11.1g	2.5g
Carbohydrate (g)	94.2g	21.4g
- sugars (g)	11.3g	2.6g
Sodium (g)	747mg	170mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information



1. Start the risotto

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). In a medium frying pan, heat the **butter** and 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, **1-2 minutes**. Add the **arborio rice**, stir to combine and cook until the rice is coated in oil and looks slightly translucent, **1-2 minutes**.



4. Toast the pine nuts

Wipe out the frying pan and return to a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Pick and thinly slice the **basil leaves**. Slice the **lemon** into wedges.



2. Bake the risotto

Add the **water** and crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** to the pan. Bring to the boil, then remove from the heat. Carefully transfer the **risotto** to a medium 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' means the rice is cooked through but still has a bit of firmness in the middle.



5. Finish the risotto

Remove the risotto from the oven and stir through the **baby spinach leaves**, **shaved Parmesan cheese**, **basil pesto** and **3/4 of the basil**. Add a **good squeeze** of **lemon juice** and season to taste with **salt** and **pepper**. Gently fold in the roasted **cherry tomatoes**.

TIP: Seasoning is key in this dish, so taste, season with salt and pepper and taste again.



3. Roast the cherry tomatoes

While the risotto is baking, cut the **cherry tomatoes** in half. Pick the **thyme leaves**. On an oven tray lined with baking paper, place the **cherry tomatoes** and **thyme**. Add the **balsamic vinegar**, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until blistered, **15-20 minutes**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



6. Serve up

Divide the baked cherry tomato and pesto risotto between bowls. Top with the toasted pine nuts and remaining basil. Serve with the remaining lemon wedges.

Enjoy!