



# Red Pesto & Veggie Risotto

with Lemon & Garlic Pangrattato



Brown Onion



Garlic



Green Beans



Arborio Rice



Vegetable Stock Pot



Lemon



Thyme



Panko Breadcrumbs



Chilli Flakes (Optional)



Grated Parmesan Cheese



Red Pesto



Baby Spinach Leaves

 Hands-on: **30-40 mins**  
Ready in: **45-55 mins**

 Spicy (optional chilli flakes)

Our red pesto – made with chargrilled capsicum, sun-dried tomato, Parmesan, basil and garlic – adds a fun twist to this risotto. Sprinkle with a lemon and garlic pangrattato for zing and crunch, and you’ve got a dinner that delivers with every mouthful.

### Pantry items

Olive Oil, Butter

## 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

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
green beans	1 medium bag	1 large bag
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (40g)	2 packets (80g)
lemon	1	2
thyme	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 medium bag	1 large bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3652kJ (873Cal)	754kJ (180Cal)
Protein (g)	19.4g	4g
Fat, total (g)	42.3g	8.7g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	98.4g	20.3g
- sugars (g)	16g	20.3g
Sodium (mg)	1599mg	330mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and **garlic**. Trim the **green beans**, then slice into thirds.



## 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 drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add the **lemon zest**, **thyme** and 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 **salt** and **pepper**. Stir to combine.



## Start the risotto

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



## Bring it all 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.



## Bake the risotto

Transfer the **risotto mixture** to a 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' rice is cooked through but still slightly firm in the centre.



## Serve up

Divide the red pesto and veggie risotto between bowls. Top with the lemon and garlic pangrattato. Serve with any remaining lemon wedges.

Enjoy!

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