

Green Four Veg Risotto

with Pesto

hellóchef

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

Cals 560 • Prot 22 • Carbs 94 • Fat 17

Vegetarian

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🕒 cook: 30 min

R3021



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Risotto	2 ppl	3 ppl	4 ppl	
White onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Small zucchini	1	2	2	Piece
Water	600	900	1200	ML
Vegetable stock cube 15*	1	2	2	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Arborio rice	160	240	320	Grams
Baby spinach	40	60	80	Grams
Thin asparagus	250	375	500	Grams
Green peas	100	150	200	Grams
Green pesto 2*, 4*	30	50	60	Grams
Cream cheese 4*	20	20	40	Grams
Grated Parmesan 4*, 5*	30	45	60	Grams
Black pepper	0.5	1	1	Tsp

Allergens

*15 Celery, *2 Tree Nuts, *4 Milk, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	2334 / 560
Fat (g)	17
of which saturates (g)	2.8
Carbohydrate (g)	94
of which sugars (g)	9.4
Fiber (g)	7.3
Protein (g)	21.5
Salt (g)	1.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **onion**. Peel and mince the **garlic**. Grate the **zucchini**. Boil the **measured water** and dissolve the **stock cube** in it.



2 Cook onion

Heat a large non-stick pan over a medium-low heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 6-7 min or until softened.



3 Add rice

Once softened, add the **Arborio rice**, **zucchini** and **garlic**. Cook for 1 min further, stirring to coat the grains in **oil**. Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.



4 Prep

Meanwhile, wash the **spinach**. Trim and roughly chop the **asparagus**.



5 Add

Once the **rice** grains are 'al dente', add the **peas**, **asparagus** and **baby spinach**. Cook for 3 min further or until the **asparagus** is tender and the **spinach** is wilted.

Tip! Like pasta, risotto is traditionally served 'al dente'. If you prefer a softer finish, cook the risotto for 5-10 min longer.



6 Serve

Finally, stir the **pesto**, **cream cheese** and **grated Parmesan** through the **risotto**. Divide among shallow bowls, drizzle with good quality **olive oil** (optional) and finish with a generous grind of **black pepper**.