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## Baked Risotto with Brazil Nut Pesto and Grilled Goat's Cheese

Pesto is a great way to add plenty of flavour and healthy fats to a dish. In this recipe, you'll be making your own pesto with Brazil nuts, basil, rocket, hard Italian cheese and plenty of olive oil. You'll see how quick and easy pesto is to make, so if you are looking for more tasty pesto inspiration have a look at the HelloFresh blog this week!



45 mins



2 of your 5 a day



veggie



one pot wonder



mealkit



Onion (1)



Courgette (1)



Garlic Clove (1)



Arborio Rice (175g)



White Wine Vinegar (1 tbsp)



Water (400ml)



Vegetable Stock Pot (1)



Brazil Nuts (25g)



Basil (1 bunch)



Rocket (1 pack)



Hard Italian Cheese (40g)



Olive Oil (3 tbsp)



Goat's Cheese (1 roll)



Lemon (1/2)


## 2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Courgette, chopped **1**
- Garlic Clove, grated **1**
- Arborio Rice **175g**
- White Wine Vinegar **1 tbsp**
- Water **400ml**
- Vegetable Stock Pot **1**
- Brazil Nuts **25g**
- Basil, chopped **1 bunch**
- Rocket, chopped **1 pack**
- Hard Italian Cheese **40g**
- Olive Oil **3 tbsp**
- Goat's Cheese **1 roll**
- Lemon **½**

**Allergens:** Milk, Nut, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	810 kcal / 3395 kJ	43 g	16 g	80 g	8 g	29 g	3 g
<b>Per 100g</b>	164 kcal / 687 kJ	9 g	3 g	16 g	2 g	6 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Brazil nuts are a great source of the mineral selenium which is vital for thyroid function, thus helping your metabolism chug along!

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

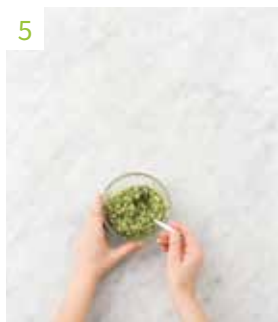


**1** Preheat your oven to 200 degrees. Cut the **onion** in half through the root, peel and chop into small ½cm pieces. Remove the top and bottom from the **courgette**, cut in half lengthways, then cut into 1cm wide strips. Chop each strip into 1cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one).



**2** Pop a deep ovenproof saucepan on medium heat and add a drizzle of **oil** and your **onion**. Cook for 5 mins until your **onion** is soft, then add your **courgette** and cook for another 5 mins. Stir in your **garlic** and cook for 1 minute, then pour in the **arborio rice**.

**3** Stir your rice into your **garlicky oil** and cook for 1 minute until the edges are slightly translucent, then add the **white wine vinegar**. Cook until your **vinegar** has evaporated, then add the **water** (amount specified in the ingredient list) along with the **vegetable stock pot** and a good grind of **black pepper**.



**4** Stir everything together and bring to the boil, making sure your **stock pot** has dissolved. Pop a lid on (or some tinfoil tightly covering the pan), then put your **risotto** on the top shelf of your oven to bake for 20 mins. **Tip:** *If your pan isn't ovenproof, just pour the mixture into an ovenproof dish and cover tightly with tinfoil instead.*

**5** While your risotto bakes, make your **pesto**. Roughly chop the **Brazil nuts** and finely chop the **basil** (stalks and leaves!). Finely chop a quarter of the **rocket**. Pop your **Brazil nuts**, **basil**, chopped **rocket** and **hard Italian cheese** into a bowl with the **olive oil** (amount specified in the ingredient list). Grind in some **black pepper** and mix it together.

**6** Cut the **goat's cheese** into 1cm thick slices (you should have four slices per person).



**7** Once your risotto is ready, remove it from your oven. Preheat your grill to high. Stir your **pesto** into your **risotto**, then flatten it out in the pan. Place your **goat's cheese** on top of your **risotto** and then pop it under your grill for 4-5 mins until your **goat's cheese** has browned.

**8** While your **risotto** is grilling, pop the remaining **rocket** into a bowl and drizzle in a little **olive oil**. Add a small squeeze of **lemon juice** and toss together. Taste and add more **lemon juice** if you feel it needs it.

**9** Remove your **risotto** from your grill and serve in bowls with a handful of **rocket** on top. Enjoy! [Rate this recipe - just keep an eye on your emails for this week's survey!](#)