



# PRIMAVERA STYLE QUICK PESTO RICE

With TTenderstem® Broccoli



## HELLO PINE NUTS

*In case you were wondering, pine nuts really do come from pine cones!*



Echalion Shallot



Courgette



Garlic Clove



Tenderstem® Broccoli



Pine Nuts



Pancetta Lardons



Baby Spinach



Steamed Basmati Rice



Unsalted Butter



Green Pesto



Italian Style Grated Hard Cheese

MEAL BAG

20 mins

1.5 of your 5 a day

Rapid recipe

Loaded with lovely green veggies, this primavera-style quick pesto rice is a refreshing twist for dinner time. Fried shallots and garlic give this dish a burst of savoury flavour, while browned pine nuts and the green pesto lend a nutty taste that's great with the salty pancetta. Our chefs have added butter and cheese to the pesto mix, which is simply stirred through the rice. The result is a silky, creamy texture that is guaranteed to please everyone around the dinner table!

GET **PREPARED!**

Preheat the Oven to 200°C.

# BEFORE YOU START

Preheat the Oven to **200°C**. Wash the veggies. Make sure you've got a **Fine Grater** (or **Garlic Press**), **Baking Tray** and **Frying Pan**. Let's start cooking the **Primavera Style Quick Pesto Rice with Tenderstem® Broccoli**.



## 1 DO THE PREP

- Halve, peel and thinly slice the **shallot**.
- Trim the **courgette** then quarter lengthways.
- Chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



## 2 ROAST THE BROCCOLI

- Put the **tenderstem®** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**.
- Roast on the top shelf of your oven until tender and crispy, 10-12 mins.



## 3 START FRYING

- Heat a frying pan on medium-high heat. Add the **pine nuts** and toast until golden, 1-2 mins. Remove the **pine nuts** to a small bowl.
- Put the frying pan back on medium-high heat, add a drizzle of **oil** and the **pancetta lardons**, stir-fry until starting to brown, about 3 mins.
- Add the **shallot**, **courgette** and a pinch of **salt** and **pepper**. Stir-fry until the **veggies** have softened, 4-5 mins.



## 4 FINISH FRYING

- Add the **spinach** to the pan in handfuls and fry until wilted, 2-3 mins.
- Break up the **rice** in the pack, then add to the pan with the **veggies** and stir everything together.



## 5 ADD THE DAIRY!

- Add the **butter**, **pesto** and **three-quarters** of the **cheese** to the pan and stir through until the **butter** and **cheese** are melted.
- Remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it.



## 6 SERVE

- Serve the **pesto rice** in bowls with the **tenderstem®** on top.
- Sprinkle over the remaining **cheese** and the **pine nuts**.

# ENJOY!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	1	2
Courgette *	1	1½	2
Garlic Clove *	1	2	2
Tenderstem Broccoli® *	1 small pack	1 large pack	2 small packs
Pine Nuts	1 pot	1 pot	2 pots
Pancetta Lardons *	60g	90g	120g
Baby Spinach *	1 small bag	1 small bag	1 large bag
Steamed Basmati Rice	1 pouches	1½ pouches	2 pouches
Butter 7) *	30g	45g	60g
Green Pesto 2) 7) 8) *	1 pot	1½ pots	2 pots
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 pack

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 506G	PER 100G
Energy (kJ/kcal)	2885 / 690	570 / 136
Fat (g)	43	9
Sat. Fat (g)	16	3
Carbohydrate (g)	50	10
Sugars (g)	10	2
Protein (g)	25	5
Salt (g)	1.55	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 8) Egg

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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