

# 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







Tenderstem® Broccoli

Garlic Clove





Pancetta Lardons



**Baby Spinach** 



Steamed Basmati Rice



**Unsalted Butter** 



Green Pesto



Italian Style Grated Hard Cheese

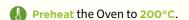
20 mins





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!







#### DO THE PREP

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



#### **2** ROAST THE BROCCOLI

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



## **3** START FRYING

- a) 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.
- b) 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.
- c) Add the **shallot**, **courgette** and a pinch of salt and pepper. Stir-fry until the veggies have softened, 4-5 mins.



### 4 FINISH FRYING

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



## 5 ADD THE DAIRY!

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



# **6** SERVE

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

**ENJOY!** 

# **INGREDIENTS**

	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

PER SERVING 506G	PER 100G
2885 /690	570 /136
43	9
16	3
50	10
10	2
25	5
1.55	0.31
	506G 2885/690 43 16 50 10 25

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.



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