



# Oven-Baked Bacon and Pea Risotto

with Spinach and Pesto

9

Classic 35-40 Minutes • 1 of your 5 a day



British Smoked Bacon Lardons



Garlic Clove



Risotto Rice



Chicken Stock Paste



Peas



Baby Spinach



Pesto



Grated Hard Italian Style Cheese



Balsamic Glaze



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter

### Make it Higher Protein

If you chose to make this recipe higher protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, ovenproof pan, garlic press and lid.

## Ingredients

Ingredients	2P	3P	4P
British Smoked Bacon Lardons**	90g	150g	180g
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	25g	30g
Peas**	120g	240g	240g
Baby Spinach**	40g	100g	100g
Pesto 7)	32g	48g	64g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	569g	100g	699g	100g
Energy (kJ/kcal)	2865 / 685	504 / 120	3513 / 840	503 / 120
Fat (g)	27.9	4.9	30.3	4.3
Sat. Fat (g)	11.7	2.1	12.3	1.8
Carbohydrate (g)	83.3	14.6	83.4	11.9
Sugars (g)	7.7	1.4	7.8	1.1
Protein (g)	23.7	4.2	55.1	7.9
Salt (g)	3.73	0.66	3.92	0.56

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Fry the Bacon

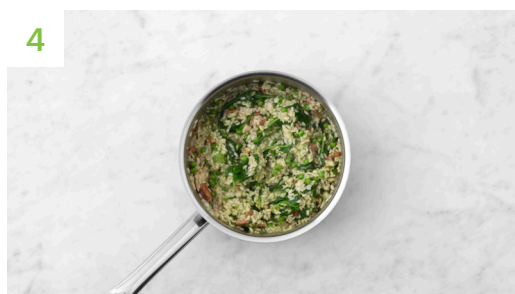
Preheat your oven to 220° C/200° C fan/gas mark 7. Boil a full kettle.

Heat a drizzle of oil in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **bacon lardons**. Fry, stirring occasionally, until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

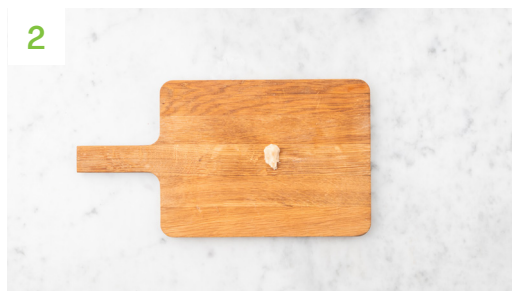
## Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **bacon**. Continue as instructed, the **chicken** will cook through in the **risotto**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Add the Veg

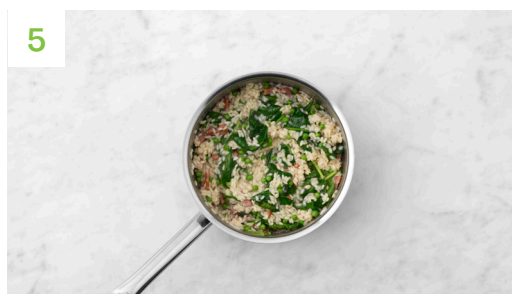
When the **risotto** is cooked, remove it from the oven, then stir in the **peas** and **spinach** until piping hot and wilted, 1-2 mins.



## Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once the **bacon** has cooked, add the **garlic** to the pan and cook for 30 secs.



## Hey Pesto

Mix the **pesto**, **hard Italian style cheese** and **butter** (see pantry for amount) into the **risotto** until melted and well combined.

Taste and season with **salt** and **pepper** if needed. **TIP:** Add a splash of water to loosen the risotto if needed.

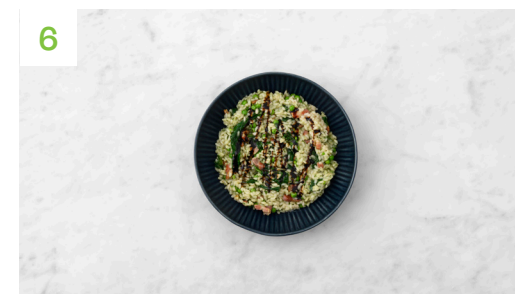


## Bake your Risotto

Add the **risotto rice** to the **bacon**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in the **chicken stock paste** and **boiled water for the risotto** (see pantry for amount). Season with **salt** and **pepper**.

Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins. **TIP:** For hob cooking, pour in 2p: 800ml, 3p: 1200ml, 4p: 1600ml of boiled water a third at a time, stirring each time until the stock has been absorbed, 20-25 mins



## Serve Up

Share the **bacon and pea risotto** between your bowls. Drizzle over the **balsamic glaze** to finish.

## Enjoy!