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## Moreish Pumpkin Risotto with Bacon & Parmesan Cheese

Pop on your ugg boots, pull out your favourite blanket and be prepared to get super cosy with the ultimate Autumn comfort dish. Packed full of creamy pumpkin, punchy Parmesan cheese and crispy bacon, there is no way you won't fall in love with this risotto.



**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins



level 2



gluten  
free



spicy

### Pantry Items



Olive Oil



Boiling  
Water



Butter



Pumpkin



Vegetable Stock  
Cube



Red Onion



Bacon



Garlic



Birdseye Chilli



Arborio Rice



Parmesan Cheese



Baby Spinach



Parsley

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2P	4P	Ingredients	
400 g	800 g	pumpkin, skin removed & cut into 1 cm cubes	
1 tbs	2 tbs	olive oil *	
1 cube	2 cubes	vegetable stock, crumbled	⊕
1 L	2 L	boiling water *	
1 tsp	2 tsp	butter *	
½	1	red onion, finely chopped	⊕ 🌿
2 rashers	4 rashers	bacon, rind & fat removed & finely chopped	🌿
1 clove	2 cloves	garlic, peeled & crushed	⊕
1	2	birdseye chilli, deseeded & finely chopped	
1 cup	2 cups	arborio rice	
½ block	1 block	Parmesan cheese, finely grated & extra to garnish	⊕
1 bag	2 bags	baby spinach, washed	
1 bunch	2 bunches	parsley, finely chopped	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3030	Kj
Protein	23.4	g
Fat, total	24.8	g
-saturated	9	g
Carbohydrate	97.9	g
-sugars	13.9	g
Sodium	921	mg

**Disclaimer:** Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe.



**You will need:** *chef's knife, chopping board, garlic crusher, box grater, baking paper lined oven tray, small saucepan, medium saucepan, ladle and a wooden spoon.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Coat the **pumpkin** with half of the **olive oil** and a generous pinch of **salt** and **pepper**. Spread out the pumpkin evenly on a lined oven tray and bake in the oven for **30 minutes**, or until soft and golden.

**3** Place the **vegetable stock cube** and **boiling water** in a small saucepan over a low heat to keep it warm.

**4** Add the remaining olive oil and **butter** to a medium saucepan over a medium heat. Add the **red onion** and the **bacon** and cook, stirring, for **5 minutes** or until the onion is soft. Add the **garlic**, **birdseye chilli** and **arborio rice** and cook, stirring, for **1 minute** or until the grains are toasted. Stir to coat well.

**Tip:** For extra heat add the birdseye chilli seeds.

**5** Add 1 cup of the stock mixture to the pan and stir continuously until all of the liquid has absorbed. Continue this process of adding 1 cup of stock at a time until all of the stock has absorbed and the rice is 'al dente'. Remove from the heat and stir through the **Parmesan cheese**, the **baby spinach**, half of the **parsley**, and the roasted pumpkin. Season to taste with salt and pepper.

**6** Divide the risotto between bowls and garnish with the remaining parsley and extra Parmesan cheese.

**Did you know?** All rice is a member of the grass family. What differentiates arborio rice from other types is its high starch content which gives risotto that creamy texture without any actual cream.

