

Baked Bacon & Butternut Risotto

with Sage & Walnuts

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Nan's Special Seasoning



Chilli Flakes (Optional)



Brown Onion



Sage



Garlic



Diced Bacon



Arborio Rice



Vegetable Stock Pot



Shaved Parmesan Cheese






Baby Spinach Leaves



Apple



Walnuts

 Hands-on: **25-35 mins**
 Ready in: **45-55 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

We're big fans of baked risotto for an easy weeknight dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become al dente and creamy. Perfection!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small bag	1 medium bag
Nan's special seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
brown onion	½	1
sage	1 bag	1 bag
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
butter*	20g	40g
shaved Parmesan cheese	2 packets (60g)	4 packets (120g)
baby spinach leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
apple	1	2
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3259kJ (779Cal)	765kJ (183Cal)
Protein (g)	29.3g	6.9g
Fat, total (g)	31.8g	7.5g
- saturated (g)	14g	3.3g
Carbohydrate (g)	90.9g	21.3g
- sugars (g)	15.4g	21.3g
Sodium (mg)	1967mg	462mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **Nan's special seasoning** and a pinch of **chilli flakes** (if using). Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Finish the risotto

When the risotto is ready, stir in the **butter**, **shaved Parmesan cheese** and 1/2 the **baby spinach leaves**. Gently stir in the roasted **pumpkin**, then season.

TIP: *Stir through a splash of water to loosen the risotto, if needed.*



Get prepped

While the pumpkin is roasting, finely chop the **brown onion** (see ingredients), **garlic** and **sage leaves**.



Make the salad

Thinly slice the **apple** into wedges. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add the **apple** and remaining **baby spinach**. Toss to coat.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **vegetable stock pot**. Bring to the boil, then remove from the heat. Transfer to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

TIP: *'Al dente' rice is cooked through but still slightly firm in the centre.*



Serve up

Roughly chop the **walnuts**. Divide the baked bacon and pumpkin risotto between bowls. Sprinkle with the walnuts. Serve with the salad on the side.

Enjoy!