










# Baked Pumpkin & Parmesan Risotto

with Rosemary Brown Butter & Silverbeet

Grab your Meal Kit with this symbol




-  Butternut Pumpkin
-  Brown Onion
-  Garlic
-  Carrot
-  Lemon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Rosemary
-  Silverbeet
-  Pine Nuts
-  Vegetable Stock Pot
-  Grated Parmesan Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **35-45 mins**  
Ready in: **50-60 mins**

 Naturally Gluten-Free  
*Not suitable for coeliacs*

This rich, creamy risotto comes together in the oven, leaving you free to create a quick and flavourful brown butter to stir through at the end. This easy addition takes this vegetarian meal to the next level – taste it and see!

### Pantry items

Olive Oil, Butter

## 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
<b>olive oil*</b>	refer to method	refer to method
butternut pumpkin	1 medium	1 large
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lemon	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
<b>salt*</b>	¼ tsp	½ tsp
arborio rice	1 medium packet	1 large packet
vegetable stock pot	2 packets (40g)	2 packets (80g)
rosemary	1 stick	2 sticks
<b>butter*</b>	20g	40g
silverbeet	1 medium bag	1 large bag
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
pine nuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3382kJ (808Cal)	504kJ (120Cal)
Protein (g)	25.4g	3.8g
Fat, total (g)	28.7g	4.3g
- saturated (g)	12.5g	1.9g
Carbohydrate (g)	110.9g	16.5g
- sugars (g)	22.3g	3.3g
Sodium (mg)	2337mg	348mg

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



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and chop **butternut pumpkin** into bite-sized chunks. Finely chop **brown onion** and **garlic**. Chop **carrot** into bite-sized chunks.
- Zest **lemon** to get a generous pinch, then cut into wedges. Set aside.
- Place **pumpkin** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender and lightly charred around the edges, **25-30 minutes**.



## Make the rosemary brown butter

- When the risotto has **5 minutes** remaining, pick and finely chop **rosemary**.
- Wash out frying pan, then return to medium-high heat with the **butter**. Cook until foaming and slightly browned, **1-2 minutes**.
- Add **rosemary** and **lemon zest** and cook until fragrant, **1 minute**. Set aside.



## Start the risotto

- While the veggies are roasting, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **onion** until softened, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **vegetable stock pot**.
- Bring to the boil, then remove from heat.



## Finish the risotto

- Thinly slice **silverbeet**.
- When the risotto is ready, stir through **rosemary brown butter**, **silverbeet** and some **grated Parmesan cheese** (reserve some for garnish!) until cheese is melted and silverbeet is wilted.
- Gently stir through roasted **pumpkin**.

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



## Bake the risotto

- Transfer **risotto** to a baking dish. Cover tightly with foil.
- Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



## Serve up

- Divide baked pumpkin and Parmesan risotto between bowls.
- Squeeze over some lemon juice.
- Sprinkle with **pine nuts** and reserved Parmesan.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW23



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