



# Baked Pumpkin Risotto

with Sage Brown Butter & Parmesan

Grab your Meal Kit  
with this symbol



Butternut  
Pumpkin



Brown Onion



Zucchini



Garlic



Arborio Rice



Vegetable  
Stock Pot



Pine Nuts



Sage



Grated Parmesan  
Cheese



Baby Spinach  
Leaves



Lemon



Hands-on: **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 sage 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
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
brown onion	1	2
zucchini	1	2
garlic	3 cloves	6 cloves
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 packet	2 packets
vegetable stock pot	1 packet (20g)	1 packet (40g)
pine nuts	1 packet	2 packets
sage	1 bunch	1 bunch
butter*	40g	80g
grated Parmesan cheese	2 packets	4 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
lemon	½	1

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3692kJ (882Cal)	510kJ (121Cal)
Protein (g)	27.5g	3.8g
Fat, total (g)	39.7g	5.5g
- saturated (g)	18.5g	2.6g
Carbohydrate (g)	95.7g	13.2g
- sugars (g)	25.1g	3.5g
Sodium (mg)	1302mg	180mg

## 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.

1



### Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Peel and chop the **butternut pumpkin** into 2cm chunks. Finely chop the **brown onion**. Cut the **zucchini** into 1cm chunks. Finely chop the **garlic** (or use a garlic press!). Place the **pumpkin** on an oven tray lined with baking paper with a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender and lightly charred around the edges, **25-30 minutes**.

2



### Start the risotto

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

3



### Bake the risotto

Transfer the **risotto** 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.

4



### Make the toppings

While the risotto is baking, wash out and dry the frying pan and return to a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Thinly slice the **sage** leaves. When the risotto has **5 minutes** cook time remaining, return the pan to a medium-high heat and add the **butter**. Cook until foaming and browned slightly, **1-2 minutes**. Add the **sage** and cook until fragrant, **1 minute**. Set aside.

5



### Finish the risotto

Stir the **grated Parmesan cheese** (reserve some for garnish), **sage brown butter** and **baby spinach leaves** through the risotto until the Parmesan has melted and the spinach has wilted, then gently stir through the **roasted pumpkin**. Stir through a **splash** of **water** to loosen the risotto if needed. Season with **salt** and **pepper**. Cut the **lemon** (see ingredients) into wedges.

6



### Serve up

Divide the baked pumpkin risotto between bowls. Top with a squeeze of lemon, the reserved Parmesan and the toasted pine nuts.

### Enjoy!