



# Baked Pumpkin Risotto

with Sage Brown Butter & Parmesan



Grab your Meal Kit with this symbol



Butternut Pumpkin



Brown Onion



Zucchini



Garlic



Lemon



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Pot



Pine Nuts



Sage



Silverbeet



Grated Parmesan Cheese

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
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 packet	2 packets
vegetable stock pot	1 tub (40g)	2 tubs (80g)
pine nuts	1 packet	2 packets
sage	1 bunch	1 bunch
butter*	20g	40g
silverbeet	1 packet	1 packet
grated Parmesan cheese	2 packets (60g)	4 packets (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3555kJ (849Cal)	473kJ (113Cal)
Protein (g)	27.9g	3.7g
Fat, total (g)	32g	4.3g
- saturated (g)	13g	1.7g
Carbohydrate (g)	102.2g	13.6g
- sugars (g)	29.4g	3.9g
Sodium (mg)	2359mg	314mg

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.



## 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**. Zest the **lemon** to get a generous pinch, then cut into wedges. Place the **pumpkin** on an oven tray lined with baking paper with a drizzle of **olive oil** and the **garlic & herb spice blend**. Toss to coat, then roast until tender and lightly charred around the edges, **25-30 minutes**.



## Toast the pine nuts

While the risotto is baking, wash out 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**, **lemon zest** and cook until fragrant, **1 minute**. Set aside.



## 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**, the **salt**, **arborio rice** and **vegetable stock pot**. Bring to the boil, then remove from the heat.



## Finish the risotto

Roughly chop the **silverbeet**. Stir the **grated Parmesan cheese** (reserve some for garnish), **sage brown butter** and **silverbeet** through the **risotto** until the Parmesan has melted and the silverbeet has wilted, then gently stir through the roasted **pumpkin**. Stir through a splash of **water** to loosen the risotto if needed. Season to taste with **pepper**.



## Bake the risotto

Transfer the **risotto** into 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' pasta is cooked through but still slightly firm in the centre.



## Serve up

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

## Enjoy!