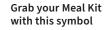
# Baked Pumpkin Risotto with Sage Brown Butter & Parmesan









**Butternut Pumpkin** 











Garlic & Herb Seasoning





Vegetable Stock







Silverbeet



**Grated Parmesan** Cheese



**Pantry items** Olive Oil, Butter



Hands-on: 35-45 mins Ready in: 50-60 mins



#### 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

#### **Inaredients**

ingi calcino				
	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	2 cloves	4 cloves		
lemon	1/2	1		
garlic & herb seasoning	1 sachet	2 sachets		
water*	2 cups	4 cups		
salt*	1/4 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)		
diced bacon**	1 packet (90g)	1 packet (180g)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

#### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	473kJ (113Cal)
Protein (g)	27.6g	3.7g
Fat, total (g)	31.9g	4.3g
- saturated (g)	12.9g	1.7g
Carbohydrate (g)	101.8g	13.6g
- sugars (g)	29.4g	13.6g
Sodium (mg)	2359mg	316mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3914kJ</b> (935Cal)	<b>494kJ</b> (118Cal)
Protein (g)	35.3g	4.5g
Fat, total (g)	38.2g	4.8g
- saturated (g)	15.2g	1.9g
Carbohydrate (g)	102.2g	12.9g
- sugars (g)	29.8g	12.9g
Sodium (mg)	2783mg	352mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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## Roast the pumpkin

Preheat the oven to 220°C/200°C fan-forced. Peel and chop the butternut pumpkin into bitesized chunks. Finely chop the **brown onion**. Cut the **zucchini** into small chunks. Finely chop the garlic. Zest the lemon to get a generous pinch and cut into wedges. Place the **pumpkin** on a lined oven tray with a drizzle of **olive oil** and and season with salt and pepper. 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. Toast the pine nuts, 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. Cook the **onion** and **zucchini** until softened, 3-4 minutes. Add the 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 the heat.



#### 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' risotto is cooked through but still slightly firm in the centre.



#### **CUSTOM RECIPE**

Before adding the veggies, cook the bacon until browned, 3-4 minutes.



## Finish the risotto

Thinly slice the **silverbeet**. Stir the **grated** Parmesan cheese, 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.



## Serve up

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

## Enjoy!