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Baked Pumpkin Risotto with Parmesan & Baby Spinach

Pop on your ugg boots, pull out your favourite blanket and be prepared to get super cosy with the ultimate Winter comfort dish. Packed full of creamy pumpkin, punchy Parmesan and crispy bacon, there is no way you won't fall in love with this risotto. This version is a cheater's delight - no need for constant stirring here.



Prep: 15 mins
Cook: 40 mins
Total: 55 mins



level 1



gluten free



contains pork

Pantry Items



Boiling Water



Olive Oil



Vegetable Stock



Red Onion



Middle Bacon



Pumpkin



Garlic



Arborio Rice



Baby Spinach



Parmesan Cheese



Parsley

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QTY	Ingredients	
1 L	boiling water *	
1 cube	vegetable stock, crumbled	
1 tbs	olive oil *	
1	red onion, finely chopped	
1 packet	middle bacon, rind removed & sliced into squares	
800 g	pumpkin, skin removed & chopped into 2 cm cubes	
2 cloves	garlic, peeled & crushed	⊕
2 cups	arborio rice	
½ bag	baby spinach, washed	⊕
½ block	Parmesan cheese, finely grated	⊕
½ bunch	parsley, roughly chopped	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2810	Kj
Protein	22.6	g
Fat, total	19.7	g
-saturated	7.6	g
Carbohydrate	97.3	g
-sugars	13.6	g
Sodium	777	mg



You will need: *chef's knife, chopping board, garlic crusher, fine grater, kettle, large ovenproof frying pan, wooden spoon and aluminium foil.*

1 Preheat the oven to **180°C/160°C** fan-forced. Bring a full kettle of water to the boil.

2 In a large jug, combine the **boiling water** with the **crumbled vegetable stock cube**, set aside.

3 Heat the **olive oil** in a large ovenproof frying pan over a medium-high heat (if you don't have an ovenproof frying pan place a baking dish in the oven to heat up while you prep your risotto). Add the **red onion** and **middle bacon** to the pan and cook for **3-4 minutes** or until the onion is soft. Add the **pumpkin** and cook for a further **7 minutes**, or until pumpkin is slightly soft and the bacon has browned. Stir through the **garlic** and **arborio rice** and cook for **1 minute** or until fragrant. Slowly pour in the stock liquid and bring the mixture to the boil for **2 minutes**, stirring regularly. Remove the pan from the heat.

4 Cover the pan tightly with a lid or foil and transfer directly to the oven. Continue cooking the risotto for **20-25 minutes** or until the stock has been absorbed and the rice is 'al dente'. If the rice is a bit gluggy add a splash of hot water and stir through.

Tip: If you don't have an ovenproof frying pan, transfer your mixture to the preheated baking dish and cover tightly with foil. Cook in the oven as per instructions above.

5 Once the stock has been absorbed remove the pan from the oven and stir through the **baby spinach**, **Parmesan cheese** and **parsley**, season to taste with **salt** and **pepper**.

6 To serve, divide the baked risotto between bowls. Enjoy!