



Roast Pumpkin & Bacon Risotto

with Toasted Pine Nuts & Parsley

Grab your Meal Kit
with this symbol



Red Onion



Peeled & Chopped
Pumpkin



Zucchini



Bacon



Garlic & Herb
Seasoning



Arborio Rice



Vegetable Stock



Parsley



Lemon



Pine Nuts



Baby Spinach
Leaves



Grated Parmesan
Cheese



Hands-on: **20-30** mins
Ready in: **40-50** mins



Naturally gluten-free
Not suitable for Coeliacs

This hearty bowl of risotto works its magic in the oven. With smokey bacon, loads of veggies and cheesy goodness, each bite is full deliciousness. Top with pine nuts for extra crunch, and a squeeze of lemon for a zesty kick!

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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
zucchini	1	2
bacon	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
arborio rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
water*	2 cups	4 cups
parsley	1 bunch	1 bunch
lemon	½	1
pine nuts	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4041kJ (965Cal)	530kJ (126Cal)
Protein (g)	36.7g	4.8g
Fat, total (g)	41.1g	5.4g
- saturated (g)	17g	2.2g
Carbohydrate (g)	104.6g	13.7g
- sugars (g)	25.3g	3.3g
Sodium (mg)	1649mg	216mg

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.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Place the **onion** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



4. Bake the risotto

Transfer the **risotto** to a medium 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' means the rice is cooked through but still has a tiny bit of firmness in the middle.



2. Get prepped

While the veggies are roasting, grate the **zucchini**. Cut the **bacon** into 1cm pieces.



5. Finish the risotto

While the risotto is baking, roughly chop the **parsley** leaves. Zest the **lemon** to get a **good pinch**, then slice into wedges. Wash and return the frying pan to a medium-high heat, add the **pine nuts** and toast until golden, **2-3 minutes**. Set aside. Remove the **risotto** from the oven and stir through the **lemon zest**, a **good squeeze** of **lemon juice**, **baby spinach leaves**, **butter** and **grated Parmesan cheese**. Stir through a **splash** of **water** to loosen the **risotto** if needed. Gently stir in the roasted **onion** and **pumpkin**. Season to taste.



3. Start the risotto

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **bacon** and cook until golden and crisp, **4-5 minutes**. Add the **garlic & herb seasoning**, **zucchini**, **arborio rice**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and **water**. Bring to the boil, then remove from the heat.



6. Serve up

Divide the pumpkin and bacon risotto between bowls and top with the toasted pine nuts and parsley. Serve with any remaining lemon wedges.

Enjoy!