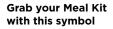
# Roast Pumpkin & Bacon Risotto

with Toasted Pine Nuts & Parsley









Peeled & Chopped Pumpkin

Zucchini





Arborio Rice

Garlic & Herb Seasoning







Vegetable Stock





Lemon





**Baby Spinach** 

**Grated Parmesan** Cheese

Leaves

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**

<b>.</b>		
	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	1/2	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)
parsley lemon pine nuts baby spinach leaves butter* grated Parmesan	1 bunch ½ 1 packet 1 bag (60g) 20g 2 packets	1 bunch 1 2 packets 1 bag (120g) 40g 4 packets

<sup>\*</sup>Pantry Items

## **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>4041kJ</b> (965Cal)	<b>530kJ</b> (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.



# 2. Get prepped

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



# 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.



## 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.



# 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.



# 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!**