

Bacon & Butternut Risotto

with Sage & Walnuts

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Chilli Flakes (Optional)



Brown Onion



Sage



Garlic



Diced Bacon



Arborio Rice



Chicken Stock Pot



Baby Spinach Leaves





Grated Parmesan Cheese




Pear



Walnuts

 Hands-on: **25-35 mins**
 Ready in: **45-55 mins**
 Naturally gluten-free
Not suitable for Coeliacs

 Spicy (optional chilli flakes)

We're big fans of baked risotto for an easy weeknight dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become al dente and creamy. Perfection!

Pantry items

Olive Oil, Balsamic Vinegar, 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
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chilli flakes (optional)	pinch	pinch
brown onion	½	1
sage	1 bag	1 bag
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
balsamic vinegar*	1 tsp	2 tsp
pear	1	2
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3427kJ (819Cal)	805kJ (192Cal)
Protein (g)	29.1g	6.8g
Fat, total (g)	36.8g	8.6g
- saturated (g)	14.7g	3.5g
Carbohydrate (g)	89.6g	21g
- sugars (g)	15.1g	21g
Sodium (mg)	1682mg	395mg

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.



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** and a pinch of **chilli flakes** (if using) on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Finish the risotto

Remove the risotto from the oven. Stir through 1/2 the **baby spinach leaves**, the **butter** and **grated Parmesan cheese**. If needed, stir through a splash of **water** to loosen the risotto. Gently stir in the **roasted pumpkin**. Season.



Get prepped

While the pumpkin is roasting, finely chop the **brown onion**. Finely chop the **sage** leaves. Finely chop the **garlic**.



Make the salad

In a medium bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season. Thinly slice the **pear**. Combine the **pear** and remaining **baby spinach leaves** with the dressing. Toss to coat.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **chicken stock pot**. Bring to the boil, then remove from the heat. Transfer the **risotto** to a baking dish. Cover tightly with foil. Bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

Roughly chop the **walnuts**. Divide the bacon and butternut risotto between bowls and sprinkle with the chopped walnuts. Serve with the salad.

Enjoy!