




# Roasted Sweet Potato Risotto



with Mushrooms & Toasted Pecans



Grab your Meal Kit with this symbol






-   
Sweet Potato



  
Brown Onion
-   
Garlic


  
Pecans
-   
Arborio Rice

  
Vegetable Stock Pot
-   
Silverbeet

  
Sliced Mushrooms
-   
Basil

  
Grated Parmesan Cheese

 Hands-on: **25-35 mins**  
 Ready in: **40-50 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me early

This melt-in-your-mouth risotto, studded with roasted sweet potato, silverbeet and mushrooms, makes a super nourishing meal. Pecans and basil add an extra depth of flavour, and don't forget the Parmesan for that special finishing touch!

### 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 or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
pecans	1 packet	2 packets
arborio rice	1 packet (180g)	2 packets (360g)
water*	2 cups	4 cups
vegetable stock pot	1 tub (40g)	2 tubs (80g)
silverbeet	1 bunch	1 bunch
butter*	30g	60g
sliced mushrooms	1 packet (150g)	1 packet (300g)
basil	1 punnet	1 punnet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	607kJ (145Cal)
Protein (g)	21.4g	3.7g
Fat, total (g)	33.5g	5.7g
- saturated (g)	12.8g	2.2g
Carbohydrate (g)	108.3g	18.5g
- sugars (g)	22.1g	18.5g
Sodium (mg)	1622mg	278mg

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](https://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 sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into small chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



## Get prepped

While the sweet potato is roasting, finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **pecans**. Heat a large frying pan over a medium-high heat. Add the chopped **pecans** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



## Start the risotto

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and **vegetable stock pot** and bring to the boil. Remove from the heat and 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**.



## Cook the veggies

When the risotto has **15 minutes** cook time remaining, roughly chop the **silverbeet**. Return the frying pan to a high heat with a drizzle of **olive oil** and 1/2 the **butter**. Add the **sliced mushrooms** and cook until well browned, **5-6 minutes**. Add the **silverbeet** and cook until wilted, **1-2 minutes**. Season.



## Finish the risotto

Pick and roughly chop the **basil** leaves. Remove the **risotto** from the oven and stir the **basil** through the risotto, add the **grated Parmesan cheese** (reserve some for garnish!) and remaining **butter**. Stir through a splash of **water** to loosen the **risotto** if needed. Gently stir in the **roasted sweet potato**, **mushrooms** and **silverbeet**. Season.



## Serve up

Divide the roast sweet potato risotto between bowls. Garnish with toasted pecans and reserved Parmesan cheese.

## Enjoy!