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But The Chef

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## Chilli, Bacon & Sweet Potato Risotto

Risotto is one of the more laborious recipes we do at HelloFresh. But we assure you it is well worth the effort and the flavours never disappoint. The sweet potato perfectly compliments the delicious creamy taste and texture of the arborio rice. Enjoy this one amongst your beloved.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



Sweet Potato



Vegetable Stock



Brown Onion



Garlic



Birdseye Chilli



Bacon



Arborio Rice



Parsley



Lemon



Parmesan

2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & diced
1 tsp	2 tsp	vegetable stock powder
1 L	2 L	boiling water *
50 g	100 g	butter *
1 tbs	2 tbs	olive oil *
1/2	1	brown onion, peeled & diced ⊕
2	4	garlic cloves, peeled & crushed ⊕
1	2	birdseye chilli, chopped ⊕
150 g	300 g	bacon, rind removed & chopped
200 g	400 g	arborio rice
100 ml	200 ml	white wine (optional) *
1 tbs	2 tbs	parsley, chopped
1/2	1	lemon, juiced ⊕
50 g	100 g	parmesan, grated

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2770	Kj
Protein	12.9	g
Fat, total	20.9	g
-saturated	3.6	g
Carbohydrate	96.8	g
-sugars	13	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Coat the **sweet potato** with some olive oil and a generous pinch of **salt** and **pepper**. Spread out the sweet potato evenly on a baking tray and put into the oven for **20 minutes**, or until soft and golden brown.

**3** In a pot, bring the **water** to the boil and dissolve the **vegetable stock powder**. Leave the pot on a low heat to keep it warm.



**4** Heat the **butter** and **oil** in a pan over a medium-high heat. Add the **onion**, **garlic**, **chilli**, and **bacon** and cook for about **4-5 minutes** or until the onion softens and the bacon has coloured. Add the **arborio rice** and cook for a further **1 minute**. Add half of the **white wine** and a ladle of stock to the pan and stir until the rice has absorbed all of the liquid, add the remaining wine and another ladle of stock and continue this process until the rice is al dente.



**5** Stir the sweet potato into the rice and then distribute evenly between bowls. Garnish with some **parsley**, a squeeze of **lemon** and a good grating of **parmesan**.



**Did you know?** Onion has been grown in Egypt for over 5000 years and was regarded as a symbol of the universe in the ancient world.