



Everything
But The Chef

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WK17
2015



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Chilli 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: 5 mins

Cook: 25 mins

Total: 30 mins



level 1



Sweet Potato



Vegetable Stock



Brown Onion



Garlic



Birdseye Chilli



Arborio Rice



Baby Spinach



Parsley



Lemon



Parmesan

2P	4P	Ingredients
400 g	800 g	sweet potatoes, peeled & diced
1 L	2 L	water *
1 tsp	2 tsp	vegetable stock powder
50 g	100 g	butter *
1 tbs	2 tbs	olive oil *
1	2	brown onion, diced
1	2	garlic clove, peeled & crushed ⊕
1	2	birdseye chilli, diced (seeds optional)
200 g	400 g	arborio rice
100 ml	200 ml	white wine (optional) *
70 g	140 g	baby spinach, washed ⊕
2 tbs	4 tbs	parsley, roughly chopped
1	2	lemon, juiced ⊕
50 g	100 g	parmesan, grated

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3020	Kj
Protein	23.9	g
Fat, total	10.5	g
-saturated	5.8	g
Carbohydrate	122	g
-sugars	17.6	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 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**, and **chilli** and cook for **2 minutes** or until the onion softens. Add the **arborio rice** and cook for a further **1 minute** to coat the rice. 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 all of the stock is absorbed and the rice is al dente.



5 Stir the sweet potato and **baby spinach** 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.