



Everything
But The Chef

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Bacon, Chilli & Pumpkin Risotto

Risotto is the ultimate comfort food; it's warm, creamy and satisfying. Brought back by popular demand, this one is a cinch to make too! With just the right amount of heat from chillies and creaminess from risotto rice and roasted pumpkin, you'll be cosying up on the couch to enjoy this bowl of goodness. It's one of our most popular recipes and we're thrilled to be dishing it up for you again. Don't forget the all-important final squeeze of lemon!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 2
- nut free
- gluten free
- spicy

Pantry Items



Olive Oil



Butter



Boiling Water



Pumpkin



Vegetable Stock Powder



Brown Onion



Bacon



Zucchini



Birdseye Chilli



Arborio Rice



Parmesan Cheese



Parsley



Lemon

| 2P | 4P | Ingredients | |
|-----------|------------|---|---|
| 1 portion | 2 portions | pumpkin, peeled & cut into 1 cm cubes | |
| 1 tbs | 2 tbs | olive oil * | |
| 2 tsp | 1 tbs | vegetable stock powder | |
| 1 L | 2 L | boiling water * | |
| 1 tsp | 2 tsp | butter * | |
| ½ | 1 | brown onion, finely chopped | A |
| 2 rashers | 4 rashers | bacon, rind & fat removed & finely chopped | B |
| 1 | 2 | birdseye chilli, deseeded & finely chopped | |
| 1 cup | 2 cups | arborio rice | |
| 1 | 2 | zucchini, grated | |
| ½ block | 1 block | Parmesan cheese, finely grated & extra to garnish | ⊕ |
| ½ bunch | 1 bunch | parsley, finely chopped | ⊕ |
| ½ | 1 | lemon, cut into wedges | ⊕ |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 3050 | Kj |
| Protein | 23.2 | g |
| Fat, total | 25 | g |
| -saturated | 9 | g |
| Carbohydrate | 98.4 | g |
| -sugars | 14.8 | g |
| Sodium | 1140 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



You will need: *chef's knife, chopping board, box grater, baking paper lined oven tray, small saucepan, medium saucepan, ladle and a wooden spoon.*

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

2 Coat the **pumpkin** with half of the **olive oil** and a generous pinch of **salt** and **pepper**. Spread out the pumpkin evenly on a lined baking tray and bake in the oven for **20 minutes**, or until soft and golden.

3 Place the **vegetable stock powder** and **boiling water** in a small saucepan over a low heat to keep it warm.

4 Add the remaining olive oil and **butter** to a medium saucepan over a medium heat. Add the **brown onion** and the **bacon** and cook, stirring, for **5 minutes** until the onion is soft. Add the **birdseye chilli** and **arborio rice** and cook, stirring, for **1 minute** or until the grains are toasted. Add the **zucchini** and stir to coat well.

Tip: For extra heat add the chilli seeds.

5 Add 1 cup of the stock mixture to the pan and stir continuously until all of the liquid has absorbed. Continue this process of adding 1 cup of stock at a time until all of the stock has absorbed and the rice is 'al dente'. Remove from the heat and stir through the **Parmesan cheese**, half of the **parsley**, and the roasted pumpkin. Season to taste with salt and pepper.

6 Divide the risotto between bowls and garnish with the remaining parsley and extra Parmesan cheese. Serve with the **lemon wedges**.



Did you know? Arborio rice has a particularly high starch content which makes risotto naturally creamy without any actual cream!