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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





## **Pantry Items**









Boiling Water



Pumpkin

Birdseye Chilli



Vegetable Stock







Brown Onion



Bacon



Zucchini



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 *	
1/2	1	brown onion, finely chopped	Α
2 rashers	4 rashers	bacon, rind & fat removed & finely chopped	В
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	1
1/2	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

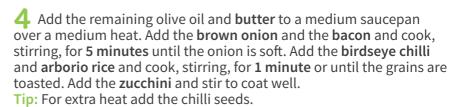
## Measuretool

) cm	1cm	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.

- 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.





- 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!