



Everything
But The Chef

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Chilli, Spinach & Sweet Potato Risotto

Risotto is the ultimate comfort food; it's warm, creamy and satisfying. Lucky for you, this one is a cinch to make too! With just the right amount of heat and creaminess, you'll be cosying up on the couch to enjoy this bowl of goodness. It's one of our most popular recipes and soon to be a hit in your house too.

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

Pantry Items: Olive Oil, Boiling Water, Butter



Sweet Potato



Vegetable Stock



Brown Onion



Garlic



Birdseye Chilli



Arborio Rice



Parmesan Cheese



Baby Spinach



Lemon



Parsley



Sunflower Seeds

2P	4P	Ingredients
1	2	sweet potato, unpeeled & cut into 1 cm cubes
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	vegetable stock
1 L	2 L	boiling water *
1 tsp	2 tsp	butter *
½	1	brown onion, finely chopped A ⊕
1 clove	2 cloves	garlic, peeled & crushed ⊕
1	2	birdseye chilli, deseeded & finely chopped
1 cup	2 cups	arborio rice
½ block	1 block	Parmesan cheese, finely grated & extra to garnish
1 bag	2 bags	baby spinach, washed
½	1	lemon, cut into wedges ⊕
1 bunch	2 bunches	parsley, finely chopped
1 tbs	2 tbs	sunflower seeds

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2860	Kj
Protein	18.4	g
Fat, total	16.9	g
-saturated	4.7	g
Carbohydrate	109	g
-sugars	13.3	g
Sodium	690	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chef's knife, chopping board, garlic crusher, 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 **sweet potato** with half of the **olive oil** and a generous pinch of **salt** and **pepper**. Spread out the sweet potato evenly on the prepared oven tray and bake in the oven for **20 minutes**, or until soft and golden brown.

3 Meanwhile, place the **vegetable stock** and **boiling water** in a small saucepan over a low heat to keep warm.

4 Heat the **butter** and remaining olive oil in a medium saucepan over a medium-high heat. Add the **brown onion**, **garlic** and **birdseye 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.



5 Add 1 cup of the stock mixture 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**, **baby spinach** and roasted sweet potato. Season to taste with salt and pepper.

6 Divide the risotto between bowls, serve with the **lemon wedges** and garnish with the **parsley**, **sunflower seeds**, and extra Parmesan cheese.



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