



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK17
2016



Moreish Pumpkin & Chilli Risotto with Parmesan Cheese

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 pumpkin perfectly compliments the delicious creamy taste and texture of the arborio rice. One of our fan favourites, you won't believe how easy it is to whip this up!



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



gluten free



spicy

Pantry Items



Olive Oil



Boiling Water



Butter



Pumpkin



Vegetable Stock



Red Onion



Garlic



Birdseye Chilli



Arborio Rice



Parmesan Cheese



Baby Spinach



Parsley



Sunflower Seeds



Lemon

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
400 g	800 g	pumpkin, skin removed & cut into 2 cm cubes
1 tbs	2 tbs	olive oil *
1 cube	2 cubes	vegetable stock, crumbled
1 L	2 L	boiling water *
1 tsp	2 tsp	butter *
½	1	red onion, finely chopped
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
1	2	lemon, sliced into wedges
1 bunch	2 bunches	parsley, finely chopped
2 tbs	4 tbs	sunflower seeds

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2740	Kj
Protein	19.3	g
Fat, total	17.9	g
-saturated	5.3	g
Carbohydrate	98	g
-sugars	14	g
Sodium	433	mg

Disclaimer: Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe.



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.

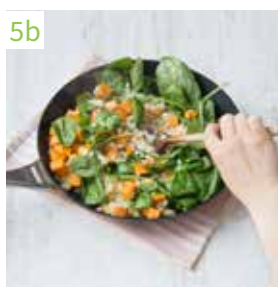
2 Coat the **pumpkin** with half of the **olive oil** and a generous pinch of **salt** and **pepper**. Spread out the pumpkin evenly on the prepared oven tray and cook in the oven for **30 minutes**, or until soft and golden brown.

3 Meanwhile, place the **crumbled vegetable stock cube** 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 **red 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 pumpkin. 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? All rice is a member of the grass family. What differentiates arborio rice from other types is its high starch content which gives risotto that creamy texture without any actual cream.