



# Sweet Potato & Bacon Risotto

with Silverbeet & Walnuts

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Silverbeet



Brown Onion



Garlic



Diced Bacon



Nan's Special Seasoning



Arborio Rice



Walnuts



Shaved Parmesan Cheese



Chilli Flakes (Optional)



Diced Bacon

Prep in: 25-35 mins  
Ready in: 45-55 mins

We're big fans of baked risotto for an easy family dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become soft and creamy. This version pairs sweet potato and bacon with two of our trusty seasonings, and is finished with chopped walnuts for a subtle nuttiness and crunch. Perfection!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
silverbeet	1 medium bag	1 large bag
brown onion	1	2
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
<b>water*</b>	2 cups	4 cups
Nan's special seasoning	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
shaved Parmesan cheese	1 sachet (26g)	1 sachet (52g)
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3119kJ (745Cal)	726kJ (174Cal)
Protein (g)	24.4g	5.7g
Fat, total (g)	27.3g	6.4g
- saturated (g)	11.2g	2.6g
Carbohydrate (g)	98.8g	23g
- sugars (g)	14.6g	3.4g
Sodium (mg)	1503mg	350mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3506kJ (838Cal)	738kJ (176Cal)
Protein (g)	31.3g	6.6g
Fat, total (g)	34.1g	7.2g
- saturated (g)	13.7g	2.9g
Carbohydrate (g)	99.6g	21g
- sugars (g)	15.1g	3.2g
Sodium (mg)	1934mg	407mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt and pepper**.
- Toss to coat. Roast until tender, **20-25 minutes**.

**Little cooks:** Lend a hand by tossing the sweet potato with the olive oil and seasonings!

4



## Bake the risotto

- Transfer **risotto mixture** to a baking dish. Cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.
- Meanwhile, roughly chop **walnuts**.

**TIP:** 'Al dente' rice is cooked through but still slightly firm in the centre.

2



## Get prepped

- Meanwhile, roughly chop **silverbeet**.
- Finely chop **brown onion** and **garlic**.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!

5



## Finish the risotto

- When risotto is ready, stir in the **butter** and **shaved Parmesan cheese**.
- Gently stir in **roasted sweet potato** and a pinch of **chilli flakes** (if using). Season to taste.

**TIP:** Stir through a splash of water to loosen the risotto, if needed.

3



## Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** and **onion**, breaking up bacon with a spoon, until browned, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add the **water**, **Nan's special seasoning**, **arborio rice** and **silverbeet**. Bring to the boil, then remove pan from heat.

**Custom Recipe:** If you've doubled your diced bacon, cook it for an extra 2-3 minutes.

6



## Serve up

- Divide bacon and sweet potato risotto between bowls.
- Sprinkle with walnuts to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the walnuts!

## Rate your recipe

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