

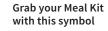
Sweet Potato & Bacon Risotto

with Silverbeet & Walnuts

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato





Silverbeet



Brown Onion



Garlic



Diced Bacon



Nan's Special Seasoning



Walnuts



Chilli Flakes (Optional)



Arborio Rice



Shaved Parmesan Cheese





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!

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
olive oil*	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)
water*	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
butter*	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		

Ousconnecipe		
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 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





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!



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!



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.



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.



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.



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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

