

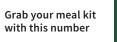
Bacon & Pumpkin Risotto

with Roasted Cherry Tomatoes & Pine Nuts

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR









Brown Onion

Risotto-Style





Seasoning



Snacking Tomatoes







Baby Spinach



Parmesan Cheese



Pine Nuts









Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan \cdot Medium baking dish \cdot Oven tray lined with baking paper

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
bacon	1 packet	2 packets	
risotto-style rice	1 medium packet	1 large packet	
water*	2 cups	4 cups	
garlic & herb seasoning	1 medium sachet	1 large sachet	
salt*	1/4 tsp	½ tsp	
snacking tomatoes	1 medium packet	2 medium packets	
peeled & chopped pumpkin	1 small packet	1 medium packet	
balsamic vinegar*	½ tbs	1 tbs	
baby spinach leaves	1 medium packet	1 large packet	
butter*	20g	40g	
Parmesan cheese	1 medium packet	1 large packet	
pine nuts	1 medium packet	1 large packet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2857kJ (682Cal)	572kJ (136Cal)
Protein (g)	24.2g	4.8g
Fat, total (g)	23.3g	4.7g
- saturated (g)	10.6g	2.1g
Carbohydrate (g)	93.1g	18.6g
- sugars (g)	14g	2.8g
Sodium (mg)	1935mg	387mg
Dietary Fibre (g)	7.9g	1.6g

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.



Get prepped

- Preheat the oven to 220°C/200°C.
- Thinly slice brown onion.
- Finely chop bacon.



Start the risotto

- In a large frying pan, heat a small drizzle of olive oil over medium-high heat. Cook onion and bacon, stirring, until golden, 4-6 minutes.
- Add risotto-style rice and stir until well combined.



Bake the risotto

- Add the water, garlic & herb seasoning and the salt to the pan. Stir well and bring to the boil.
- Transfer the risotto to a medium baking dish.
 Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente',
 24-28 minutes.



Roast the veggies

- While the risotto is baking, place snacking tomatoes and peeled & chopped pumpkin on a lined oven tray. Drizzle with olive oil and the balsamic vinegar. Season with salt and pepper.
- Roast until tender and blistered, 20-25 minutes.



Finish the risotto

 When the risotto is done, remove from the oven and stir through baby spinach leaves. Add the butter and Parmesan cheese. Stir to combine.

TIP: Stir through a splash of water if the risotto looks dry.



Serve up

- Divide bacon and spinach risotto between bowls.
- · Top with roasted veggies.
- Sprinkle over **pine nuts** to serve. Enjoy!



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



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If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

