



Bacon & Pumpkin Risotto

with Roasted Cherry Tomatoes & Pine Nuts

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

39



Brown Onion



Bacon



Risotto-Style Rice



Garlic & Herb Seasoning



Snacking Tomatoes



Peeled & Chopped Pumpkin



Baby Spinach Leaves



Parmesan Cheese



Pine Nuts



Chicken Thigh



Chicken Breast

Prep in: 30-40 mins
Ready in: 50-60 mins

Eat Me First

Get ready to whip up this bacon and pumpkin risotto that even Nonna would be proud of. Super creamy rice is the foundation of this Italian delight and with bright cherry tomatoes and crunchy pine nuts, you'll be coming back for seconds!

Pantry items

Olive Oil, Balsamic Vinegar, Butter

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 · Medium baking dish · Oven tray lined with baking paper

Ingredients

	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*	¼ 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**.



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**.



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.



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.



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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD CHICKEN THIGH

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



ADD CHICKEN BREAST

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

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

