



# Garlicky Bacon & Sweet Potato Baked Risotto

with Silverbeet & Walnuts

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

37



Sweet Potato



Garlic & Herb Seasoning



Silverbeet



Brown Onion



Garlic



Diced Bacon



Nan's Special Seasoning



Risotto-Style Rice



Walnuts



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon



Chicken Breast

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 bacon and sweet potato 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 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

Oven tray lined with baking paper · Large frying pan · 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 packet	2 medium packets
brown onion	1	2
garlic	2 cloves	4 cloves
diced bacon	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
Nan's special seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
Parmesan cheese	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3546kJ (847Cal)	745kJ (178Cal)
Protein (g)	28.8g	6.1g
Fat, total (g)	36.6g	7.7g
- saturated (g)	15.1g	3.2g
Carbohydrate (g)	99.2g	20.8g
- sugars (g)	15.3g	3.2g
Sodium (mg)	1599mg	336mg
Dietary Fibre (g)	9.5g	2g

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://www.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

2024 | CW31



## 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!*



## 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.



## 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!*



## Finish the risotto

- When risotto is ready, stir in **baby spinach leaves**, the **butter** and **Parmesan cheese**.
- Gently stir in **roasted sweet potato**. Season to taste.

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



## 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**, **risotto-style rice** and **silverbeet**. Bring to the boil, then remove pan from heat.



## Serve up

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

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

### CUSTOM OPTIONS



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



#### 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.

