

Bacon & Roast Pumpkin Risotto

with Parmesan, Parsley & Almonds



-  Brown Onion
-  Butternut Pumpkin
-  Nan's Special Seasoning
-  Zucchini
-  Diced Bacon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Vegetable Stock Pot
-  Parsley
-  Lemon
-  Baby Spinach Leaves
-  Grated Parmesan Cheese
-  Flaked Almonds

 Hands-on: **20-30 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
 Not suitable for coeliacs

This hearty bowl of risotto works its magic in the oven. Bursting with bacon, vibrant veggies and melted Parmesan, every bite is a delight. Top with golden flaked almonds for extra crunch, and a squeeze of lemon for the perfect balance of flavours.

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items
 Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
brown onion	1	2
butternut pumpkin	1 (medium)	1 (large)
Nan's special seasoning	1 sachet	2 sachets
zucchini	1	2
diced bacon	1 packet (90g)	1 packet (180g)
garlic & herb seasoning	1 sachet	2 sachets
arborio rice	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
water*	2 cups	4 cups
parsley	1 bag	1 bag
lemon	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3570kJ (853Cal)	520kJ (124Cal)
Protein (g)	33.1g	4.8g
Fat, total (g)	32.4g	4.7g
- saturated (g)	14.4g	2.1g
Carbohydrate (g)	100.1g	14.6g
- sugars (g)	22.5g	3.3g
Sodium (mg)	2111mg	307mg

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.

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Roast the veggies

Preheat the oven to **220°C/200°C fan forced**. Cut the **brown onion** into wedges. Cut the **butternut pumpkin** into bite-sized chunks. Place the **onion** and **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!

TIP: If your oven tray is crowded, divide the veggies between two trays.



Bake the risotto

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

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



Get prepped

While the veggies are roasting, grate the **zucchini**.



Finish the risotto

While the risotto is baking, roughly chop the **parsley**. Zest the **lemon** to get a good pinch, then slice into wedges. When the risotto is ready, stir through the **lemon zest**, **baby spinach leaves**, **butter**, **grated Parmesan cheese** and a squeeze of **lemon juice**. Gently stir through the **roasted veggies**. Season to taste. Top with the **flaked almonds**.

TIP: Add 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 a high heat. Cook the **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**. Add the **garlic & herb seasoning**, **zucchini**, **arborio rice**, **vegetable stock pot** and the **water**. Bring to the boil, then remove from the heat.



Serve up

Divide the bacon and roast pumpkin risotto between bowls. Sprinkle with the parsley. Serve with any remaining lemon wedges.

Enjoy!

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