

Baked Bacon & Butternut Risotto

with Silverbeet & Walnuts

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Garlic & Herb Seasoning
-  Silverbeet
-  Brown Onion
-  Garlic
-  Nan's Special Seasoning
-  Arborio Rice
-  Vegetable Stock Powder
-  Walnuts
-  Chilli Flakes (Optional)
-  Diced Bacon
-  Grated Parmesan Cheese
-  Diced Bacon

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 butternut pumpkin and bacon with two of our trusty seasonings, and is finished with chopped walnuts for a subtle nuttiness and crunch. Perfection!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to wash your veggies.

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
butternut pumpkin	1 medium	1 large
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)
Nan's special seasoning	1 medium sachet	1 large sachet
water*	2 cups	4 cups
arborio rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
walnuts	1 medium packet	1 large packet
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
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)	3045kJ (728Cal)	701kJ (168Cal)
Protein (g)	24.7g	5.7g
Fat, total (g)	28g	6.4g
- saturated (g)	11.4g	2.6g
Carbohydrate (g)	92g	21.2g
- sugars (g)	12.6g	2.9g
Sodium (mg)	1936mg	446mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3433kJ (821Cal)	716kJ (171Cal)
Protein (g)	31.6g	6.6g
Fat, total (g)	34.7g	7.2g
- saturated (g)	13.9g	2.9g
Carbohydrate (g)	92.8g	19.4g
- sugars (g)	13.1g	2.7g
Sodium (mg)	2367mg	494mg

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 pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **butternut pumpkin** into bite-sized chunks.
- Place **pumpkin** 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 pumpkin 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 the risotto is ready, stir in the **butter** and **grated Parmesan cheese**.
- Gently stir in roasted **pumpkin** and a pinch of **chilli flakes** (if using). 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 high heat.
- Cook **diced bacon** and **onion**, breaking up bacon with a spoon, until browned, **4-5 minutes**.
- Add **Nan's special seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Stir in the **water**, **arborio rice**, **silverbeet** and **vegetable stock powder**. 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.



Serve up

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

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

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