



# BAKED PUMPKIN & BUCKWHEAT RISOTTO

with Parmesan Cheese



Make a buckwheat risotto



Brown Onion



Zucchini



Garlic



Peeled Pumpkin



Lemon



Buckwheat



Vegetable Stock



Parmesan Cheese



Parsley



Walnuts

Pantry Staples



Water



Olive Oil



Butter



Hands-on: 15 mins

Ready in: 45 mins

Silky smooth risotto with nutty buckwheat is our new favourite comfort food. Trust us, the sweet toasted notes of the buckwheat are perfect for this dish with wholesome oven baked pumpkin and sharp Parmesan cheese.

# BEFORE YOU START

You will need: **measuring jug, kettle, chef's knife, chopping board, garlic crusher, oven tray** lined with **baking paper, medium baking dish, medium frying pan, wooden spoon, aluminium foil** and a **fine grater**. Let's start cooking the **Baked Pumpkin & Buckwheat Risotto with Parmesan Cheese**



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Boil the **water** in a kettle (be sure to check the ingredients list for the amount needed). Chop the peeled **pumpkin** into 1 cm cubes. Finely chop the **brown onion**. Finely chop the **zucchini**. Peel and crush the **garlic**. Cut the **lemon** into wedges.



## 2 BAKE THE PUMPKIN

Place the **pumpkin** on the prepared oven tray. Drizzle with **1/2** the **olive oil** and season with a **pinch** of **salt** and **pepper**. Bake the pumpkin for **10-15 minutes**, or until soft and golden. Remove from the oven.



## 3 COOK THE VEGGIES

Place a medium baking dish in the oven to heat up while you prep the risotto. Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and **zucchini** to the pan and cook for **5 minutes**, or until softened. Add the **garlic** and **butter** and cook for **1 minute**, or until fragrant.



## 4 ADD THE BUCKWHEAT

➕ Add the  **buckwheat** to the same pan and cook for **1 minute**, or until fragrant. Slowly pour the boiling water from the kettle (check the amount needed) into the pan and crumble in the **vegetable stock** cube. Bring to the boil for **2 minutes**, stirring occasionally. Remove the pan from the heat and transfer the contents of the pan over to your preheated baking dish.



## 5 BAKE THE RISOTTO

Cover the baking dish tightly with foil and transfer to the oven. Cook the risotto for **15-17 minutes**, or until the buckwheat has softened completely and the liquid has been absorbed.

Meanwhile, finely grate the **Parmesan cheese**, finely chop the **parsley** leaves and roughly chop the **walnuts**. Stir the baked **pumpkin**, Parmesan cheese and walnuts through the buckwheat risotto (reserving a little of each for garnish) once the risotto is cooked.



## 6 SERVE UP

Divide the baked pumpkin and buckwheat risotto between plates. Top with the remaining pumpkin, Parmesan cheese and parsley. Squeeze over the juice of a lemon wedge.

# ENJOY!

*Buckwheat is a not a grain but rather a 'psuedo-cereal' that is used in similar ways to rice. It has a sweet, nutty flavour making it the perfect substitute for Arborio rice in hearty and filling risotto style dishes.*

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
water*	400 ml	800 ml
peeled pumpkin	1 portion	2 portions
<b>brown onion</b> ☉	1	2
zucchini	1	2
<b>garlic</b> ☉	1 clove	2 cloves
lemon	½	1
olive oil*	1 tbs	2 tbs
butter*	1 tbs	2 tbs
buckwheat	1 packet (¾ cup)	2 packets (1 ½ cups)
vegetable stock	1 cube	2 cubes
Parmesan cheese	1 block (50g)	2 blocks (100g)
parsley	½ bunch	1 bunch
walnuts	1 packet (¼ cup)	2 packets (½ cup)

\*Pantry Items | ☉Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (714Cal)	389kJ (93Cal)
Protein (g)	28.1g	3.7g
Fat, total (g)	34.0g	4.4g
- saturated (g)	11.4g	1.5g
Carbohydrate (g)	70.1g	9.1g
- sugars (g)	19.7g	2.6g
Sodium (g)	727mg	95mg

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