

# Baked Pumpkin & Parmesan Risotto

with Herby Brown Butter & Greens

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Onion
-  Zucchini
-  Garlic
-  Lemon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Vegetable Stock Pot
-  Herbs
-  Leafy Greens
-  Grated Parmesan Cheese
-  Pine Nuts

 **Recipe Update**

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **35-45 mins**  
 Ready in: **50-60 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

This rich, creamy risotto comes together in the oven, leaving you free to create a quick and flavourful brown butter to stir through at the end. This easy addition takes this vegetarian meal to the next level – taste it and see!

**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
butternut pumpkin	1 medium	1 large
onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
lemon	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 medium packet	1 large packet
vegetable stock pot	2 packets (40g)	2 packets (80g)
herbs	1 bag	1 bag
butter*	20g	40g
leafy greens	1 medium bag	1 large bag
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
pine nuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	502kJ (120Cal)
Protein (g)	23.4g	3.5g
Fat, total (g)	27.7g	4.1g
- saturated (g)	12.2g	1.8g
Carbohydrate (g)	115.3g	17.2g
- sugars (g)	18.9g	2.8g
Sodium (mg)	2323mg	346mg

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://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 oven to **220°C/200°C fan-forced**. Peel and chop **butternut pumpkin** into bite-sized chunks. Finely chop **onion**. Cut **zucchini** into small chunks. Finely chop **garlic**. Zest **lemon** to get a generous pinch, then cut into wedges. Place **pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender and lightly charred around the edges, **25-30 minutes**.



## Make the herby brown butter

When risotto has **5 minutes** bake time remaining, thinly slice **herbs**. Wash out frying pan, then return to medium-high heat and add the **butter**. Cook until foaming and slightly browned, **1-2 minutes**. Add **herbs** and **lemon zest** and cook until fragrant, **1 minute**. Set aside.



## Start the risotto

While pumpkin is roasting, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **onion** and **zucchini** until softened, **3-4 minutes**. Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **vegetable stock pot**. Bring to the boil, then remove from heat.



## Finish the risotto

Thinly slice **leafy greens**. To the baked risotto, add the **herby brown butter**, **greens** and some **grated Parmesan cheese** (reserve some for garnish!). Stir until cheese is melted and greens are wilted. Gently stir through roasted **pumpkin**.

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



## Bake the risotto

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

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



## Serve up

Divide baked pumpkin risotto between bowls. Top with a squeeze of lemon. Sprinkle with **pine nuts** and reserved Parmesan. Serve with any remaining lemon wedges.

## Enjoy!

## Rate your recipe

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