

Baked Pumpkin & Parmesan Risotto

with Rosemary Brown Butter & Kale

Grab your Meal Kit with this symbol



Kale



Brown Onion



Garlic



Carrot



Lemon



Garlic & Herb Seasoning



Arborio Rice



Rosemary



Pine Nuts



Peeled & Chopped Pumpkin




Vegetable Stock Pot



Grated Parmesan Cheese

Prep in: **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
kale	1 medium bag	1 large bag
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lemon	½	1
peeled & chopped pumpkin	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	2 cups	4 cups
arborio rice	1 medium packet	1 large packet
vegetable stock pot	2 packets (40g)	2 packets (80g)
rosemary	1 stick	2 sticks
butter*	20g	40g
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)	3215kJ (768Cal)	548kJ (131Cal)
Protein (g)	24.7g	4.2g
Fat, total (g)	28.5g	4.9g
- saturated (g)	12.5g	2.1g
Carbohydrate (g)	101.9g	17.4g
- sugars (g)	17.9g	3.1g
Sodium (mg)	2290mg	390mg

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly tear **kale** leaves, then discard stems. Finely chop **brown onion** and **garlic**. Cut **carrot** into bite-sized chunks. Zest **lemon** to get a generous pinch, then cut into wedges. Set aside.
- Place **peeled & chopped pumpkin** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until almost tender, **15-20 minutes**.
- Add **kale** and a pinch of **salt** to the roast **veggie** tray. Gently toss to combine. Return tray to the oven, then roast until tender and lightly charred around the edges, a further **5-8 minutes**.

4



Make the brown butter

- When the risotto has **5 minutes** remaining, pick and finely chop **rosemary** leaves.
- Wash out frying pan, then return to medium-high heat with the **butter**. Cook until foaming and slightly browned, **1-2 minutes**.
- Add **rosemary** and **lemon zest** and cook until fragrant, **1 minute**. Set aside.

2



Start the risotto

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

5



Finish the risotto

- When the risotto is ready, stir through the **rosemary brown butter** and some **grated Parmesan cheese** (reserve a little for garnish!).
- Gently stir through the roasted **veggies**.

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

3



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.

6



Serve up

- Divide baked pumpkin and Parmesan risotto between bowls.
- Squeeze over some lemon juice.
- Sprinkle with **pine nuts** and reserved Parmesan.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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