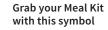
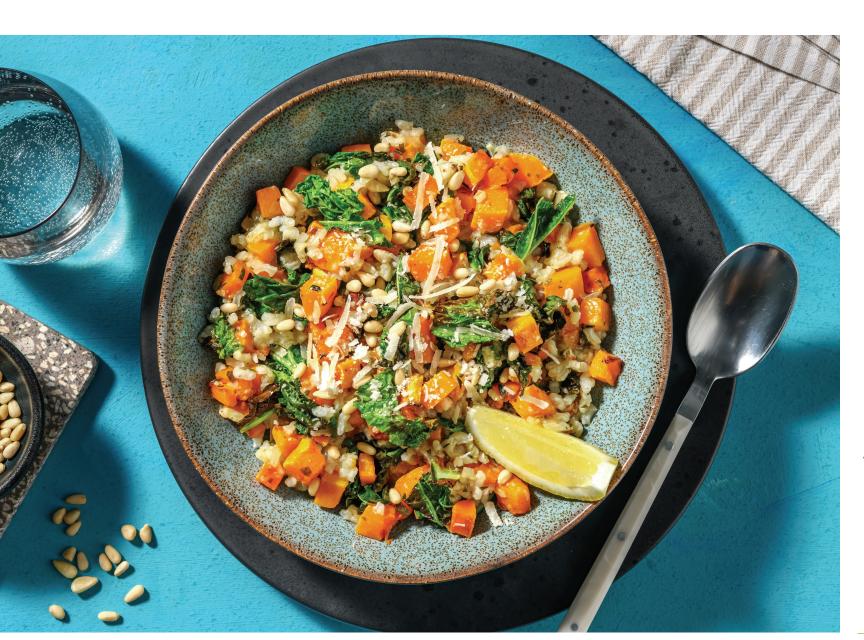


Baked Pumpkin & Parmesan Risotto with Rosemary Brown Butter & Kale















Carrot





Lemon





Arborio Rice



Rosemary



Pine Nuts



Pumpkin



Vegetable Stock Pot



Grated Parmesan Cheese

Prep in: 35-45 mins Ready in: 50-60 mins



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

ingi calcino			
	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	1/2	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.



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.



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.



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.



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.



Finish the risotto

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

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



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!

