
















Baked Pumpkin Risotto

with Sage Brown Butter & Parmesan

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Brown Onion
-  Zucchini
-  Garlic
-  Lemon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Vegetable Stock Pot
-  Pine Nuts
-  Sage
-  Silverbeet
-  Grated Parmesan Cheese
-  Diced Bacon

 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 sage brown butter to stir through at the end. This easy addition takes this vegetarian meal to the next level – taste it and see!

 **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 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)
brown onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 packet	2 packets
vegetable stock pot	1 tub (40g)	2 tubs(80g)
pine nuts	1 packet	2 packets
sage	1 bunch	1 bunch
butter*	20g	40g
silverbeet	1 packet	1 packet
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	473kJ (113Cal)
Protein (g)	27.6g	3.7g
Fat, total (g)	31.9g	4.3g
- saturated (g)	12.9g	1.7g
Carbohydrate (g)	101.8g	13.6g
- sugars (g)	29.4g	13.6g
Sodium (mg)	2359mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3914kJ (935Cal)	494kJ (118Cal)
Protein (g)	35.3g	4.5g
Fat, total (g)	38.2g	4.8g
- saturated (g)	15.2g	1.9g
Carbohydrate (g)	102.2g	12.9g
- sugars (g)	29.8g	12.9g
Sodium (mg)	2783mg	352mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the pumpkin

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



Toast the pine nuts

While the risotto is baking, wash out the frying pan and return to a medium-high heat. Toast the **pine nuts**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Thinly slice the **sage** leaves. When the risotto has **5 minutes** cook time remaining, return the pan to a medium-high heat and add the **butter**. Cook until foaming and browned slightly, **1-2 minutes**. Add the **sage**, **lemon zest** and cook until fragrant, **1 minute**. Set aside.



Start the risotto

While the pumpkin is roasting, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **onion** and **zucchini** until softened, **3-4 minutes**. Add the **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 the heat.

 **CUSTOM RECIPE**

Before adding the veggies, cook the bacon until browned, 3-4 minutes.



Finish the risotto

Thinly slice the **silverbeet**. Stir the **grated Parmesan cheese**, **sage brown butter** and **silverbeet** through the **risotto** until the Parmesan has melted and the **silverbeet** has wilted, then gently stir through the roasted pumpkin. Stir through a splash of **water** to loosen the **risotto** if needed.



Bake the risotto

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

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



Serve up

Divide the baked pumpkin risotto between bowls. Top with a squeeze of lemon, the reserved Parmesan and the toasted pine nuts.

Enjoy!