









Baked Pumpkin & Parmesan Risotto

with Sage Brown Butter & Silverbeet

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Brown Onion
-  Zucchini
-  Garlic
-  Lemon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Vegetable Stock Pot
-  Sage
-  Silverbeet
-  Grated Parmesan Cheese
-  Pine Nuts
-  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 · 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 medium packet	1 large packet
vegetable stock pot	1 packet (40g)	2 packets (80g)
sage	1 bag	1 bag
butter*	20g	40g
silverbeet	1 medium bag	1 large bag
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
pine nuts	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	477kJ (114Cal)
Protein (g)	26.2g	3.6g
Fat, total (g)	29.4g	4.1g
- saturated (g)	12.5g	1.7g
Carbohydrate (g)	105.8g	14.7g
- sugars (g)	28g	3.9g
Sodium (mg)	2260mg	313mg

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.

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Roast the pumpkin

Preheat the oven to **220°/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, then cut into wedges. Place the **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 sage brown butter

When the risotto has **5 minutes** cook time remaining, thinly slice the **sage leaves**. Wash out the frying pan, then return to a medium-high heat. Add the **butter** and cook, until foaming and slightly browned, **1-2 minutes**. Add the **sage** and **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

If you've added bacon, cook in the pan before the veggies, breaking up with a spoon, until browned, 3-4 minutes.



Finish the risotto

Thinly slice the **silverbeet**. Stir the **grated Parmesan cheese** (reserve some for garnish!), **sage brown butter** and **silverbeet** through the **risotto** until the **Parmesan** is melted and the **silverbeet** is wilted. Gently stir through the roasted **pumpkin**.

TIP: Add 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 **pine nuts**.

Enjoy!

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