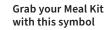
Bacon & Roast Pumpkin Risotto

with Flaked Almonds & Parsley









Pumpkin



Peeled & Chopped



Nan's Special





Seasoning



Diced Bacon



Garlic & Herb

Seasoning



Arborio Rice



Vegetable Stock



Parsley



Lemon



Baby Spinach



Grated Parmesan



Flaked Almonds



Hands-on: 20-30 mins Ready in: 40-50 mins

Naturally Gluten-Free Not suitable for coeliacs

This hearty bowl of risotto works its magic in the oven. With smokey bacon, loads of veggies and cheesy goodness, each bite is full of deliciousness. Top with golden flaked almonds for extra crunch, and a squeeze of lemon for a zesty kick!



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 \cdot Large frying pan \cdot Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 medium packet	1 large packet
red onion	1	2
Nan's special seasoning	1 sachet	2 sachets
zucchini	1	2
diced bacon	1 packet (90g)	1 packet (180g)
garlic & herb seasoning	1 sachet	2 sachets
arborio rice	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
water*	2 cups	4 cups
parsley	1 bag	1 bag
lemon	1/2	1
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)
Pantry Items **Cust	om Recipe Ingredient	

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3842kJ (918Cal)	503kJ (120Cal)
Protein (g)	35.3g	4.6g
Fat, total (g)	35.2g	4.6g
- saturated (g)	14.7g	1.9g
Carbohydrate (g)	106.3g	13.9g
- sugars (g)	28.4g	13.9g
Sodium (mg)	2112mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4223kJ (1009Cal)	522kJ (125Cal)
Protein (g)	43g	5.3g
Fat, total (g)	41.5g	5.1g
- saturated (g)	16.9g	2.1g
Carbohydrate (g)	106.8g	13.2g
- sugars (g)	28.9g	13.2g
Sodium (mg)	2536mg	314mg

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 & onion

Preheat the oven to 220°C/200°C fan forced. Place the peeled & chopped pumpkin on the lined oven tray. Cut the red onion into wedges, then add to the tray. Sprinkle with Nan's special seasoning. Drizzle with olive oil and season with salt and pepper. Toss to coat. Spread out in a single layer. Roast until tender, 20-25 minutes.



Get prepped

While the veggies are roasting, grate the **zucchini**.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **diced bacon** and cook, breaking up with a spoon, until golden, **4-5 minutes.** Add the **garlic & herb seasoning, zucchini, arborio rice, vegetable stock pot** and the **water**. Bring to the boil, then remove from the heat.

CUSTOM RECIPE

If you've doubled your bacon, cook the bacon for an additional 2-3 minutes.



Bake the risotto

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

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



Finish the risotto

While the risotto is baking, roughly chop the parsley. Zest the lemon to get a good pinch, then slice into wedges. Remove the risotto from the oven. Stir through the lemon zest, a squeeze of lemon juice, the baby spinach leaves, butter and grated Parmesan cheese. If needed, add a splash of water to loosen. Gently stir in the roasted veggies. Season to taste.



Serve up

Divide the bacon and roast pumpkin risotto between bowls. Top with the **flaked almonds** and parsley. Serve with any remaining lemon wedges.

Enjoy!

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