















Bacon & Roast Pumpkin Risotto


with Flaked Almonds & Parsley

Grab your Meal Kit with this symbol



-  Peeled & Chopped Pumpkin
-  Red Onion
-  Nan's Special Seasoning
-  Zucchini
-  Diced Bacon
-  Garlic & Herb Seasoning
-  Arborio Rice
-  Vegetable Stock Pot
-  Parsley
-  Lemon
-  Baby Spinach Leaves
-  Grated Parmesan Cheese
-  Flaked Almonds
-  Diced Bacon

 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 smoky 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!



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 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	½	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 **Custom 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.

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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**.



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.



Get prepped

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



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.



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.



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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