



More than Food

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Butternut Squash and Sage Risotto

with Feta and Pepitas

Risotto is amazing due to its ability to create a creamy sauce without a drop of cream—it's all about the stirring! Roasted butternut squash, earthy sage, and tangy feta cheese are folded in for a comforting winter dinner.

45 min

level 3

veggie

nut free

gluten free



Arborio Rice



Butternut Squash



Yellow Onion



Vegetable Stock Concentrate



Sage



Garlic



Pepitas



Feta

Ingredients

	2 People	4 People
Arborio Rice	¾ C	1 ½ C
Butternut Squash	12 oz	24 oz
Yellow Onion	1	2
Vegetable Stock Concentrate	1	2
Sage	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Pepitas	1 oz	2 oz
Feta	1)	4 oz
Butter*	1)	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Large Pan, Small Pot, Baking Sheet

Ruler

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Nutrition per person Calories: 610 cal | Fat: 24 g | Sat. Fat: 10 g | Protein: 18 g | Carbs: 89 g | Sugar: 7 g | Sodium: 546 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Halve, peel, and finely dice the **onion**. Finely chop the **sage** leaves. Mince or grate the **garlic**. Toss the **butternut squash** on a baking sheet with the **sage**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for about 30 minutes, tossing halfway through cooking, until soft and golden brown.



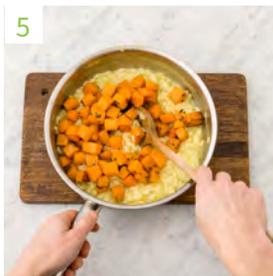
2 Warm the stock: In a small pot, bring **3 cups water** and the **stock concentrate** to a low simmer.

3 Start the risotto: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, for 5-6 minutes, until softened. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



4 Add the rice to the pan and toss for 1-2 minutes, until translucent. Begin adding the warm **stock** to the pan, **¼ cup** at a time, until absorbed, stirring after each addition. Continue until the rice is al dente, for about 25-30 minutes.

5 Finish the risotto: When the risotto is al dente, stir the **roasted butternut squash** into the pan. Stir **1 Tablespoon butter** into the risotto and season generously with **salt** and **pepper**.



6 Garnish and plate: Serve the **risotto** sprinkled with **feta** and **pepitas**. Enjoy!