



BUTTERED-UP BUTTERNUT SQUASH RISOTTO

with Sage and Pepitas



HELLO SAGE

The leafy herb adds a pop of fragrant flavor

PREP: 5 MIN | TOTAL: 45 MIN | CALORIES: 597



Sage



Parmesan Cheese
(Contains: Milk)



Butternut Squash



Arborio Rice



Garlic



Pepitas



Shallot



Veggie Stock Concentrates

START STRONG

Toasting rice in the pan before simmering improves its texture and flavor. You'll know it's ready for the stock when the grains are nearly see-through and give off a nutty aroma.

BUST OUT

- Baking sheet
- Medium pot
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Butternut Squash 8 oz | 16 oz
- Veggie Stock Concentrates 2 | 4
- Garlic 2 Cloves | 4 Cloves
- Shallot 1 | 2
- Arborio Rice ¾ Cup | 1½ Cups
- Sage ¼ oz | ¼ oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Pepitas 1 oz | 2 oz

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1 PREHEAT OVEN AND ROAST SQUASH

Wash and dry all produce. Preheat oven to 400 degrees. Toss **butternut squash** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly browned, 25-30 minutes.



4 SIMMER RISOTTO

Add **stock** to pan ¼ cup at a time, stirring after each addition. Allow **rice** to absorb stock before adding more. Continue until rice is al dente, 25-30 minutes—risotto should be thick but not stiff and grains should have a little bite to them.



2 MAKE STOCK AND PREP

Meanwhile, bring **stock concentrates** and **4 cups water** to a gentle simmer in a medium pot over low heat to create stock. Mince or grate **garlic**. Halve, peel, and finely chop **shallot**.



5 CHOP SAGE

While **risotto** cooks, pick **sage leaves** from stems and discard stems. Set aside a few small leaves for garnish, then finely chop the rest. **TIP:** Practice this Italian phrase while you wait for the risotto to finish: *Chi se move mangia e chi sta fermo secca* (Those who move eat. Those who stay still dry up).



3 START RISOTTO

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **garlic** and **shallot** and cook until soft, 3-4 minutes, stirring. Season with **salt** and **pepper**. Add **rice** to pan and toss until grains are translucent, 1-2 minutes. Reduce heat to medium-low.



6 FINISH AND PLATE

When **risotto** is finished simmering, stir **butternut squash**, **chopped sage**, **Parmesan**, and **1 TBSP butter** into pan. Season generously with **salt** and **pepper**. Divide **risotto** between plates. Garnish with **pepitas** and **reserved sage leaves**.

SUBLIME!

Now you've mastered the technique, you can make any risotto like a pro.