



# BUTTERNUT SQUASH & SAGE RISOTTO

with Parmesan & Walnuts



## HELLO

### BUTTERNUT SQUASH

This golden gourd adds earthy sweetness to creamy risotto.

**PREP: 10 MIN** | **TOTAL: 50 MIN** | **CALORIES: 610**



Yellow Onion



Butternut Squash



Arborio Rice



Parmesan Cheese  
(Contains: Milk)



Sage



Veggie Stock Concentrate



Garlic Herb Butter  
(Contains: Milk)



Walnuts  
(Contains: Tree Nuts)

## START STRONG

If you have an extra few minutes, toast your walnuts in a dry pan over medium heat before sprinkling over your finished risotto. This brings out their natural oils (or nuttiness, if you will).

## BUST OUT

- Baking sheet
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 4 tsp)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow Onion **1** | **2**
- Sage **¼ oz** | **½ oz**
- Butternut Squash **12 oz** | **24 oz**
- Veggie Stock Concentrate **1** | **2**
- Arborio Rice **¾ Cup** | **1½ Cups**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Walnuts **½ oz** | **1 oz**

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Halve, peel, and finely dice **onion**. Pick and finely chop **sage leaves** until you have 1 TBSP (2 TBSP for 4 servings).



## 2 ROAST SQUASH & SIMMER STOCK

Toss **squash** on a baking sheet with **chopped sage**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast, tossing halfway through, until browned and tender, 25-30 minutes. Meanwhile, bring **4 cups water** (7 cups for 4 servings) and **stock concentrate** to a gentle simmer in a small pot.



## 3 COOK ONION

While squash roasts, heat a drizzle of **olive oil** in a large pan over medium heat. Add **onion** and cook, stirring, until softened, 5-6 minutes. Season with **salt** and **pepper**.



## 4 COOK RISOTTO

Add **rice** to pan and stir until translucent, 1-2 minutes. Add **½ cup stock**; stir until liquid has mostly absorbed. Repeat with remaining stock—adding ½ cup at a time and stirring until liquid has absorbed—until rice is al dente and mixture is creamy, 25-30 minutes. **TIP:** Depending on the size of your pan, you may need a little more or a little less liquid.



## 5 FINISH RISOTTO

Once **risotto** is done cooking, stir in **squash**, followed by **garlic herb butter** and half the **Parmesan** (you'll use the rest later). Season with **salt** and **pepper**.



## 6 SERVE

Divide **risotto** between plates. Garnish with **walnuts** and remaining **Parmesan** and serve.

## HELLO SUNSHINE

Have a lemon on hand? Zest it up and sprinkle a bit over your finished dish!

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