



Bacon & Butternut Risotto

with Basil & Walnuts

Grab your Meal Kit
with this symbol



Peeled & Chopped
Pumpkin



Chilli Flakes
(Optional)



Brown Onion



Garlic



Diced Bacon



Arborio Rice



Chicken Stock
Pot



Walnuts



Pear



Baby Spinach
Leaves



Basil



Grated Parmesan
Cheese



Diced
Bacon



Hands-on: **30-40 mins**
Ready in: **55-65 mins**



Naturally gluten-free
Not suitable for Coeliacs



Spicy (optional
chilli flakes)

We're big fans of baked risotto for an easy weeknight dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become soft and creamy. Perfection!



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, 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 · Large or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chilli flakes (optional)	pinch	pinch
brown onion	½	1
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 packet	2 packets
chicken stock pot	1 tub (20g)	2 tubs (40g)
walnuts	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
pear	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
basil	1 bunch	1 bunch
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3135kJ (749Cal)	736kJ (175Cal)
Protein (g)	27.9g	6.6g
Fat, total (g)	31.1g	7.3g
- saturated (g)	14.6g	3.4g
Carbohydrate (g)	84.3g	19.8g
- sugars (g)	15.2g	3.6g
Sodium (mg)	1682mg	395mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3516kJ (840Cal)	747kJ (178Cal)
Protein (g)	35.5g	7.5g
Fat, total (g)	37.5g	8g
- saturated (g)	16.9g	3.6g
Carbohydrate (g)	84.7g	18g
- sugars (g)	15.7g	3.3g
Sodium (mg)	2107mg	448mg

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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1



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** and a pinch of **chilli flakes** (if using) on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

2



Get prepped

While the pumpkin is roasting, finely chop the **brown onion**. Finely chop the **garlic**.

3



Make the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **diced bacon** until browned, **4-5 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **chicken stock pot**. Bring to the boil, then remove from the heat. Transfer to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.



CUSTOM RECIPE

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

4



Toast the walnuts

Wash and dry the frying pan and return to a medium-high heat. Toast the **walnuts**, tossing, until golden, **3-4 minutes**. Set aside.

5



Finish the risotto

In a medium bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season. Thinly slice the **pear**. Add the **pear** and 1/2 the **baby spinach leaves** to the dressing and toss to coat. Pick and roughly chop **basil** leaves. Remove the risotto from the oven and stir through the **basil**, **remaining baby spinach leaves**, the **butter** and **grated Parmesan cheese**. Stir through a splash of **water** to loosen the risotto if needed. Gently stir in the roasted **pumpkin** and season.

6



Serve up

Roughly chop the roasted walnuts. Divide the bacon and pumpkin risotto between bowls and sprinkle with the chopped walnuts. Serve with the salad.

Enjoy!