



# Roasted Sweet Potato Risotto

with Mushrooms & Toasted Pecans

Grab your Meal Kit  
with this symbol



- |   |   |
|---|---|
| <br>Sweet Potato     | <br>Brown Onion            |
| <br>Garlic           | <br>Sage                   |
| <br>Pecans           | <br>Arborio Rice           |
| <br>Vegetable Stock  | <br>Silverbeet             |
| <br>Sliced Mushrooms | <br>Grated Parmesan Cheese |

-  Hands-on: **25-35** mins  
Ready in: **40-50** mins
-  Naturally gluten-free  
*Not suitable for Coeliacs*
-  Eat me early

This melt-in-your-mouth risotto, studded with roasted sweet potato, silverbeet and mushroom, makes a super nourishing meal. Pecans and sage add an extra depth of flavour, and don't forget the Parmesan for that special finishing touch!

**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 ·  
Medium frying pan · Medium baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
sage	1 bunch	1 bunch
pecans	1 packet	2 packets
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	2 cubes	4 cubes
silverbeet	1 bunch	1 bunch
butter*	30g	60g
sliced mushrooms	1 packet	1 packet
grated Parmesan cheese	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (835Cal)	586kJ (140Cal)
Protein (g)	22.7g	3.8g
Fat, total (g)	26.8g	4.5g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	120g	20.1g
- sugars (g)	18.4g	3.1g
Sodium (g)	1200mg	200mg

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



### 2. Get prepped

While the sweet potato is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and thinly slice the **sage** leaves. Roughly chop the **pecans**. Heat a medium frying pan over a medium-high heat. Add the chopped **pecans** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



### 3. Start the risotto

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and crumbled **vegetable stock** (**2 cubes for 2 people / 4 cubes for 4 people**) and bring to the boil. Remove from the heat and transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



### 4. Cook the veggies

When the risotto has **15 minutes** cook time remaining, roughly chop the **silverbeet**. Return the frying pan to a high heat with a **drizzle of olive oil** and **1/2 the butter**. Add the **sliced mushrooms** and cook until well browned, **5-6 minutes**. Add the **silverbeet** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**.



### 5. Finish the risotto

Remove the risotto from the oven and add the **grated Parmesan cheese** (reserve some for garnish!) and **remaining butter**. Stir through a **splash of water** to loosen the risotto if needed. Gently stir in the **roasted sweet potato**, **mushrooms** and **silverbeet** and season generously with **salt** and **pepper**.



### 6. Serve up

Divide the roast sweet potato risotto between bowls. Garnish with the toasted pecans and reserved Parmesan cheese.

## Enjoy!