



Bacon & Butternut Squash Risotto with Chilli and Cheese

Family Hands on Time: 15 Mins • Total Time: 40 Mins • Medium Spice



Diced Butternut Squash



Onion



Flat Leaf Parsley



Red Chilli



Garlic Clove



Streaky Bacon Rashers



Vegetable Stock Powder



Risotto Rice



Grated Hard Italian Style Cheese



Lemon

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Garlic Press, Saucepan, Measuring Jug, Ladle, Bowl.

Ingredients

	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Onion	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Garlic Clove	1	1	2
Streaky Bacon Rashers**	4	6	8
Water*	750ml	1100ml	1500ml
Vegetable Stock Powder 10	2 sachets	3 sachets	3 sachets
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g
Lemon**	½	½	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	2431 /581	595 /142
Fat (g)	13	3
Sat. Fat (g)	7	2
Carbohydrate (g)	93	23
Sugars (g)	14	3
Protein (g)	22	5
Salt (g)	2.82	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

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You can recycle me!



Roast the Squash

Preheat your oven to 200°C. Put the **diced butternut squash** on a baking tray and drizzle over a little **oil**. Season with **salt** and **pepper**. Pop on the top shelf of your oven and roast until golden and tender, 25-30 mins. Turn halfway through cooking.



Do the Prep

Halve, peel and chop the **onion** into small pieces. Roughly chop the **parsley** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press). Chop the **bacon rashers** widthways into 1cm wide strips (use scissors for this if you like - it's much easier!) **IMPORTANT: Wash your hands after handling raw meat.**



Start the Risotto

Pour the **water** (see ingredients for amount) into a medium saucepan on high heat. Add the **stock powder**, stir to dissolve and reduce the heat to the lowest setting. Heat a splash of **oil** in another large saucepan on medium heat. Add the **onion** and **bacon**. Stir and cook until the **onion** is soft and the **bacon** browned, 5-6 mins.



Ladle and Stir

Add the **chilli** and the **garlic**, cook for 1 minute more, then stir in the **risotto rice**. Cook for 1-2 mins. Add a ladleful of the **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and continue to stir. Continue adding **stock** and stirring regularly, until all the **stock** has been absorbed by the **rice**. This should take 20-25 mins.



Taste and Season

The **risotto** is ready when the **rice** is 'al dente' - cooked through but has a bit of firmness left in the middle. Once ready, remove from the heat. Add the cooked **butternut squash**, the **hard Italian style cheese**, **three-quarters** of the **parsley** and a knob of **butter** (if you have some).



Finish and Serve

Halve the **lemon**, add a squeeze of **lemon juice**, taste and season accordingly. Serve the **bacon** and **butternut squash risotto** in bowls with the remaining **parsley** sprinkled over the top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.