



HALL OF FAME

# BUTTERED-UP BUTTERNUT SQUASH RISOTTO

with Sage and Pepitas



## HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

**PREP: 5 MIN** | **TOTAL: 45 MIN** | **CALORIES: 600**

-  Butternut Squash
-  Garlic
-  Arborio Rice
-  Parmesan Cheese  
(Contains: Milk)
-  Veggie Stock Concentrates
-  Shallot
-  Sage
-  Pepitas

## START STRONG

This Hall of Fame recipe is a customer favorite because the sage and pepitas create a unique flavor combination. You may want to add the sage to taste because of its distinctive flavor.

## 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

## HELLO WINE



PAIR WITH

Trilus California Chardonnay, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT OVEN AND ROAST SQUASH

**Wash and dry all produce.** Preheat oven to 400 degrees. Toss **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 ½ 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. Mince or grate **garlic**. Halve, peel, and finely chop **shallot**.



## 5 CHOP SAGE

While risotto cooks, pick **sage** leaves from stems; discard stems. Finely chop a few leaves until you have 1 tsp; set aside the rest for garnish. **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, stirring, until soft, 3-4 minutes. 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 done simmering, stir **squash**, **chopped sage**, **Parmesan**, and **1 TBSP butter** into pan. Season generously with **salt** and **pepper**. Divide between plates. Garnish with **pepitas** and a few reserved **sage leaves**.

## VIRTUOSO!

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

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