



# BUTTERNUT AND BRUSSELS SPROUT RISOTTO

with Sweet Honey Pepitas

PREP: 10 MIN  
TOTAL: 45 MIN

LEVEL 2

GLUTEN FREE

NUT FREE



## INGREDIENTS:

- Brussels Sprouts
- Butternut Squash
- Veggie Stock Concentrate
- Yellow Onion
- Garlic
- Lemon
- Pancetta
- Arborio Rice
- Pepitas
- Honey
- Parmesan Cheese (Contains: Milk)

## FOR 2 PEOPLE:

- 8 oz
- 8 oz
- 1
- 1
- 2 Cloves
- 1
- 2 oz
- ¾ Cup
- 1 oz
- 1 TBSP
- ¼ Cup

## FOR 4 PEOPLE:

- 8 oz
- 16 oz
- 2
- 1
- 2 Cloves
- 1
- 4 oz
- 1½ Cups
- 2 oz
- 2 TBSP
- ½ Cup

## HELLO HONEY PEPITAS

The best use for pumpkin seeds

## NUTRITION PER SERVING

741 cal | Fat: 31 g | Sat. Fat: 11 g | Protein: 25 g | Carbs: 101 g | Sugar: 16 g | Sodium: 850 mg | Fiber: 13 g

## START STRONG

**Here's a sweet shortcut:** If you're pressed for time, you can skip step 5. Just sprinkle the pepitas on top of the risotto at the end, then add a drizzle of honey.



## BUST OUT

- Baking sheet • Small pot
- Zester • Medium pot
- Small pan • Parchment paper
- Olive oil (1 TBSP | 2 TBSP)
- Butter (½ TBSP | 1 TBSP)  
(Contains: Milk)



### 1 PREHEAT OVEN AND ROAST VEGGIES

**Wash and dry all produce.** Preheat oven to 400 degrees. Halve and trim **Brussels sprouts** through stem. Toss **squash** and sprouts on a baking sheet with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast until browned and tender, about 25 minutes. Toss halfway through.

### 2 PREP REMAINING INGREDIENTS

Bring **stock concentrate** and **4 cups water** to a boil in a small pot, then reduce heat to low. Halve, peel, and finely dice **onion**. Mince **garlic**. Zest then halve **lemon**.

### 3 START RISOTTO

Add half the **pancetta** (we sent more) to a medium pot over medium-high heat. Cook until crisp, about 4 minutes. Remove and set aside. Add **onion** to same pot and toss to coat. Season with **salt** and **pepper**. Cook until softened, 2-3 minutes. Add **rice** and cook until translucent, 1-2 minutes.



### 4 COOK RISOTTO

Add **garlic** to pot and cook until fragrant, about 30 seconds. Reduce heat under pot to medium and add **stock** to pot ¼ cup at a time. Stir after each addition and allow **rice** to absorb **stock** before adding more.

### 5 MAKE HONEY PEPITAS

While **risotto** cooks, add **pepitas** to a small pan over medium-high heat. Toast until fragrant, 2-3 minutes (be careful—they might pop). Add **honey**, **4 TBSP water**, and a pinch of **salt** to pan. Stir to dissolve **honey**. Cook until liquid evaporates and pepitas are coated and sticky, 3-4 minutes. Remove to parchment-lined plate and let cool.

### 6 FINISH RISOTTO

When **rice** is al dente, squeeze in juice of half the **lemon**. Stir in the **squash**, **Brussels sprouts**, half the **Parmesan cheese**, and ½ **TBSP butter**. Season with **salt** and **pepper**. Plate **risotto** and sprinkle with **honey pepitas**, **lemon zest**, **pancetta**, and remaining **cheese**.

### DAZZLING!

Honey pepitas are great in salads or granola, too.

