



DAIRY FREE RISOTTO

with Butternut, Sage, Caramelised Onion and Hazelnuts



NUTRITIONIST APPROVED



BUTTERNUT SQUASH

Packed full of nutrients & colour, Butternut Squash is not only an excellent source of fiber but it's also a great source of vitamin A, which helps maintain your vision and boosts your body's natural defences.



Sage



Chopped Butternut Squash



Vegetable Stock Powder



Onion



Garlic Clove



Hazelnuts



Italian Style Herbs



Arborio Rice



White Wine Vinegar



Baby Spinach



Lemon



Rocket

MEAL BAG

35 mins

5 of your a day

Veggie



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, two **Large Saucepans**, a **Measuring Jug**, **Fine Grater** (or **Garlic Press**) and **Ladle**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Pick the **sage leaves** from their stalks and finely chop (discard the stalks). Pop the **butternut squash** onto a lined baking tray and drizzle on a splash of **oil**. Season with **salt** and **pepper** and sprinkle on **half** the **sage**. Use your hands to rub the flavours all over the **squash**. Roast on the top shelf of your oven until soft and golden, 17-20 mins. Turn halfway through cooking.



2 PREP TIME

Fill a large saucepan with **water** (see ingredients for amount) and pop onto medium heat to slowly come to the boil. Stir in and dissolve the **stock powder**. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **hazelnuts**.



3 START THE RISOTTO

Heat a splash of **oil** in another large saucepan on medium-high heat. Add the **onion** and a pinch of **salt** and **pepper**. Stir and cook until the **onion** is soft and caramelised, 5-6 mins. Stir in the **Italian style herbs** and **garlic** and cook for 1 minute more. Pour in the **rice** and stir together. Cook and stir for 1 minute so the **rice** is coated in the **garlicky oil**. Add the **white wine vinegar** and allow it to evaporate.



4 STIR IT UP!

Add a ladleful of the **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and repeat. Continue adding ladlefuls of **stock**, stirring regularly until it has all been absorbed by the **rice**. This should take 20-25 mins. ★ **TIP:** Let the rice absorb each ladleful of stock before adding the next.



5 SQUASH THE SQUASH!

When the **squash** is ready, remove from your oven and transfer to a bowl. Use a fork to mash it to a rough purée. Add to the **risotto** as soon as it is ready and keep cooking and stirring until all of the **stock** has been used. ★ **TIP:** The risotto is done when the rice is 'al dente' - cooked through but with a bit of firmness left. Stir the **baby spinach** in a handful at a time until wilted then add the remaining **sage**.



6 FINISH AND SERVE!

Halve the **lemon** and add a squeeze of juice to the **risotto**. Season to taste with **salt** and **pepper**. Pop the **rocket** in a large bowl and drizzle on a splash of **olive oil** and a squeeze of remaining **lemon juice**. Toss and get ready to serve. Spoon the **risotto** into deep bowls and top with the **rocket**. Finish with a sprinkling of **hazelnuts**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sage *	1 bunch	1 bunch	1 bunch
Chopped Butternut Squash *	1 small pack	1 medium pack	1 large pack
Water*	750ml	1.1ltr	1.5ltr
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Onion *	1	1½	2
Garlic Clove *	1	2	2
Hazelnuts 2)	1 bag	1 bag	2 bags
Italian Style Herbs	½ pot	1 pot	1 pot
Arborio Rice	175g	260g	350g
White Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Baby Spinach *	1 small bag	1 small bag	1 large bag
Lemon *	1	1	2
Rocket *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 424G	PER 100G
Energy (kJ/kcal)	1996 / 477	471 / 112
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	88	21
Sugars (g)	13	3
Protein (g)	14	3
Salt (g)	1.04	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 10) Celery 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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