



SAGE AND BUTTERNUT SQUASH RISOTTO

with Green Peas

VEGGIE



HELLO BUTTERNUT SQUASH

Is said to be as 'smooth as butter, sweet as a nut'

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 575



Sage



Butternut Squash, cubes



Garlic



Vegetable Broth Concentrate



Onion, chopped



Arborio Rice



Parmesan Cheese



White Wine Vinegar



Green Peas

BUST OUT

- Baking Sheet
- Garlic Press
- Large Non-Stick Pan
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil
- Unsalted Butter **2** (2 tbsp | 4 tbsp)

INGREDIENTS

2-person | 4-person

- Sage 7 g | 14 g
- Butternut Squash, cubes 340 g | 680 g
- Garlic 6 g | 12 g
- Vegetable Broth Concentrate 2 | 4
- Onion, chopped 56 g | 113 g
- Arborio Rice ¾ cup | 1 ½ cup
- Parmesan Cheese **2** ¼ cup | ½ cup
- White Wine Vinegar **9** 1 tbsp | 2 tbsp
- Green Peas 113 g | 227 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **400°F** (to roast butternut squash). Start prepping when the oven comes up to temperature! If you run out of broth before the rice is cooked through, add water (½ cup at a time) and continue stirring until it's cooked.



1 ROAST SQUASH

Wash and dry all produce.*

Roughly chop **1 tbsp sage leaves** (dbl for 4 ppl). On a baking sheet, toss **squash** and **sage** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown and tender, 25-28 min.



4 COOK RISOTTO

Add **rice**, **garlic** and **1 tbsp vinegar** (dbl for 4 ppl) to the pan. Stir together for 1-2 min. Add **1 cup broth** (use same amount for 4 ppl) from the medium pot and stir until **broth** has been absorbed by **rice**. Continue adding **broth**, **1 cup** at a time, stirring often, until **liquid** is absorbed and the texture is creamy and **rice** is tender, 28-30 min.



2 MAKE BROTH

Meanwhile, peel, then mince or grate **garlic**. In a medium pot, combine **4 ½ cups water** (5 ½ cups for 4 ppl) and **broth concentrates**. Bring to a gentle boil over medium heat. Once boiling, remove the pot from the heat. Cover to keep warm.



5 FINISH RISOTTO

After the last cup of **broth** has been stirred in and absorbed, **rice** should be tender and the texture creamy. The entire process should take between 28-30 min. Add **Parmesan** and **green peas** to the pan. Stir together until combined. Season with **salt** and **pepper**.



3 COOK ONIONS

Heat a large non-stick pan over medium heat. When the pan is hot, add **2 tbsp butter** (dbl for 4 ppl) then **onions**. Cook, stirring occasionally, until softened, 3-4 min.



6 FINISH AND SERVE

Stir **half the squash** into **risotto**, then divide between plates. Top with the **remaining squash**.

EASY PEA-SY!

Peas may be small but they add a lot of flavour to this dish!