



# Bacon & Roast Pumpkin Risotto

with Toasted Walnuts & Parsley

Grab your Meal Kit with this symbol



Red Onion



Kumara



Peeled & Chopped Pumpkin



Diced Bacon



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Walnuts



Parsley



Lemon



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 20-30 mins  
Ready in: 40-50 mins

This hearty bowl of risotto works its magic in the oven. With smokey bacon, loads of veggies and cheesy goodness, each bite is full of deliciousness. Top with golden walnuts for extra crunch, and a squeeze of lemon for a zesty kick!

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
kumara	2 (medium)	2 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
diced bacon	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
walnuts	1 packet	2 packets
parsley	1 bag	1 bag
lemon	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
grated Parmesan cheese	1 packet (60g)	2 packets (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4374kJ (1045Cal)	697kJ (166Cal)
Protein (g)	32.6g	5.2g
Fat, total (g)	41.8g	6.7g
- saturated (g)	16.7g	2.7g
Carbohydrate (g)	127.1g	20.2g
- sugars (g)	27.8g	4.4g
Sodium (mg)	1560mg	248mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into wedges. Peel the **kumara**, then cut into bite-sized chunks.

**TIP:** Leave the kumara unpeeled if you prefer.



## Roast the veggies

Place the **onion**, **kumara** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Start the risotto

While the veggies are roasting, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **diced bacon**, breaking it up with a spoon, until golden and crisp, **4-5 minutes**. Add the **garlic & herb seasoning**, **arborio rice**, **vegetable stock powder** and the **water**. Bring to the boil, then remove from the heat.



## Bake the risotto

Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** 'Al dente' rice is cooked through but still slightly firm in the centre.



## Finish the risotto

While the risotto is baking, roughly chop the **walnuts**. Finely chop the **parsley**. Zest the **lemon** to get a pinch, then cut into wedges. Wash and dry the frying pan, then return to a medium-high heat. Toast the **walnuts** until golden, **3-4 minutes**. Set aside. Remove the **risotto** from the oven, then stir through the **lemon zest**, a good squeeze of **lemon juice**, the **baby spinach leaves**, **butter** and **grated Parmesan cheese** (reserve a pinch for garnish). Gently stir in the **roasted veggies** and season to taste.

**TIP:** Stir through a splash of water to loosen the risotto if needed.



## Serve up

Divide the bacon and pumpkin risotto between bowls. Top with the toasted walnuts, parsley and reserved Parmesan. Serve with any remaining lemon wedges.

## Enjoy!