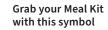


Bacon & Roast Pumpkin Risotto

with Toasted Walnuts & Parsley













Peeled & Chopped Pumpkin





Garlic & Herb



Arborio Rice

Seasoning



Vegetable Stock





Parsley





Baby Spinach Leaves



Grated Parmesan Cheese



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

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 \cdot Large frying pan \cdot 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	1/2	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 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 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!