



More than Food

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Autumn Risotto

with Butternut Squash, Sage, and Pepitas

Risotto is amazing due to its ability to create a creamy sauce without a drop of cream—it's all about the stirring! Roasted butternut squash, earthy sage, and nutty Parmesan cheese are folded in for a decidedly autumnal dinner.



45 min



level 3



veggie



nut free



gluten free



Arborio Risotto Rice



Butternut Squash, cubed



Shallot



Garlic



Parmesan Cheese



Sage



Pepitas



Vegetable Stock Concentrates

Ingredients

	2 People	4 People
Arborio Risotto Rice	¾ C	1½ C
Butternut Squash, cubed	8 oz	16 oz
Shallot	1	2
Garlic	2 cloves	4 cloves
Parmesan Cheese 1)	¼ C	½ C
Sage	¼ oz	½ oz
Pepitas	1 oz	2 oz
Vegetable Stock Concentrates	2	4
Butter* 1)	1 T	2 T
Olive Oil*	1 T + 2 t	3 T + 1 t

*Not Included

Allergens

1) Milk

Tools

Large Pan, Baking Sheet, Medium Pot

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 670 cal | Carbs: 88 g | Fat: 30 g | Protein: 20 g | Fiber: 9 g | Sodium: 577 mg

Make sure to wash and dry produce before prepping or cooking!



1 Preheat the oven to 400 degrees. In a medium pot, bring the **stock concentrates** and **2½ cups water** to a simmer over low heat. Cut the **butternut squash** into ½-inch cubes if they aren't already. Mince or grate the **garlic**. Halve, peel, and finely chop the **shallot**.



2 **Roast the squash:** toss the **butternut squash** on a baking sheet with **2 teaspoons oil** and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through cooking, until soft and golden brown.



3 Meanwhile, heat **1 Tablespoon oil** in a large pan over medium heat. Add the **garlic** and **shallot** and cook, tossing, for 3-4 minutes, until very soft. Season with **salt** and **pepper**. Add the **rice** to the pan and cook, tossing, for 1-2 minutes, until the rice looks translucent. Reduce the heat to medium-low.



4 **Make the risotto:** in ¼-cup increments, add the warm **stock** to the pan and stir frequently, until the liquid is absorbed by the **rice**. Continue this process until the rice is al dente and a loose, creamy sauce has formed, about 25-30 minutes.

5 Finely chop the **sage**, reserving a few small leaves for garnish.

6 When the **risotto** is al dente, stir the **butternut squash**, **chopped sage**, **Parmesan**, and **1 Tablespoon butter** into the pan. Season generously with **salt** and **pepper**.

7 Divide the **risotto** between plates and garnish with the **pepitas** and **reserved sage leaves**. Enjoy!