



SWEET POTATO & SPINACH RISOTTO

with Toasty Walnuts

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



¼ oz | ½ oz
Thyme



1 Clove | 2 Cloves
Garlic



¾ Cup | 1½ Cups
Arborio Rice



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 | 4
Veggie Stock
Concentrates



2.5 oz | 5 oz
Spinach



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP
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HELLO

ARBORIO RICE

Starchy, short-grain arborio rice is the secret ingredient to luscious, creamy risotto.

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 640



WE PROPOSE A TOAST

Ever toasted walnuts in the microwave? Here's a trick: The nose knows! You'll be able to tell they're done by their nutty, toasty aroma.

BUST OUT

- Medium pot
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- In a medium pot, bring **5 cups water (8 cups for 4 servings)** to a boil, then reduce to a low simmer. **Wash and dry produce.**
- Peel **sweet potato** if desired; cut into ½-inch pieces. Strip **thyme leaves** from stems; roughly chop leaves until you have ½ tsp (**1 tsp for 4**). Peel and mince or grate **garlic**.



3 FINISH RISOTTO

- Carefully add **1 cup simmering water** to pan with **rice mixture**. Bring to a simmer and cook, stirring, until liquid has mostly absorbed. Repeat with remaining simmering water—adding ½ cup at a time and stirring until liquid has absorbed—until rice is al dente and risotto is creamy, 22-25 minutes. **TIP: Depending on the size of your pan, you may need a little more or a little less water.**
- Reduce heat to medium low. Stir in **spinach, cream sauce base**, and **stock concentrates**. Cook, stirring, until risotto has thickened and spinach is wilted, 2-4 minutes. **TIP: If risotto seems too thick, stir in more water 1 TBSP at a time until desired consistency is reached.**
- Taste and season with **salt** and **pepper** if desired.



2 START RISOTTO

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **sweet potato**; season with **salt** and **pepper**. Cook, stirring occasionally, until just beginning to soften, 2-3 minutes.
- Add **thyme, garlic**, and **1 TBSP butter (2 TBSP for 4 servings)**. Cook, stirring, until fragrant, 30 seconds.
- Add **rice** and stir until evenly coated, 15-20 seconds.



4 FINISH & SERVE

- While risotto cooks, roughly chop **walnuts**. Place in a small microwave-safe bowl; microwave until fragrant and toasty, 1 minute. **TIP: If walnuts are not yet toasty, continue to microwave in 30-second increments until fragrant.**
- Divide **risotto** between plates; garnish with **toasty walnuts** and serve.