



# Bacon & Butternut Squash Risotto

with Chilli and Cheese

N° 3

CLASSIC 40 Minutes • Medium Heat



Diced Butternut  
Squash



Onion



Flat Leaf Parsley



Red Chilli



Garlic Clove



Streaky Bacon Rashers



Knorr Vegetable  
Stock Pot



Arborio Rice



Hard Italian Style  
Grated Cheese



Lemon

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Measuring Jug, Large Saucepan and Ladle.

### Ingredients

	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Onion**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Garlic Clove**	1	1	2
Streaky Bacon Rashers**	4	6	8
Water*	750ml	1.1 ltr	1.5ltr
Knorr Vegetable Stock Pot 10)	1 pot	1½ pots	2 pots
Arborio Rice	175g	260g	350g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs
Lemon**	½	½	1

\*Not Included \*\* Store in the Fridge



### 1. Roast the Squash

Preheat your oven to 200°C. Put the **diced butternut squash** on a baking tray and drizzle over a little **oil**. Season with **salt** and **pepper**. Pop on the top shelf of your oven and roast until golden and tender, 25-30 mins. Turn halfway through cooking.

### 2. Do the Prep

Halve, peel and chop the **onion** into small pieces. Roughly chop the **parsley** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press). Chop the **bacon rashers** widthways into 1cm wide strips (use scissors for this if you like - it's much easier!) **IMPORTANT:** Wash your hands after handling raw meat.

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	414g	100g
Energy (kJ/kcal)	2354 /563	569 /136
Fat (g)	14	3
Sat. Fat (g)	7	2
Carbohydrate (g)	88	21
Sugars (g)	13	3
Protein (g)	23	6
Salt (g)	3.41	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.



### 4. Ladle and Stir

Add the **chilli** and the **garlic**, cook for 1 minute more, then stir in the **arborio rice**. Cook for 1-2 mins. Add a ladleful of the **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and continue to stir. Continue adding **stock** and stirring regularly, until all the **stock** has been absorbed by the **rice**. This should take 20-25 mins.

### 5. Taste and Season

The **risotto** is ready when the **rice** is 'al dente' - cooked through but has a bit of firmness left in the middle. Once ready, remove from the heat. Add the cooked **butternut squash**, the **hard Italian style cheese**, **three-quarters** of the **parsley** and a knob of **butter** (if you have some).

### 6. Finish and Serve

Halve the **lemon**, add a squeeze of **lemon juice**, taste and season accordingly. Serve the **bacon** and **butternut squash risotto** in bowls with the remaining **parsley** sprinkled over the top.

**Buon appetito!**

### Contact

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