



BACON & BUTTERNUT RISOTTO

with Thyme & Walnuts



Make an oven baked risotto



Peeled Pumpkin



Chilli Flakes (Optional)



Brown Onion



Garlic



Thyme



Bacon



Arborio Rice



Chicken Stock



Walnuts



Lemon



Classic Salad Mix



Baby Spinach Leaves



Grated Parmesan Cheese

- Hands-on: 30 mins
- Ready in: 55 mins
- Spicy (optional chilli flakes)

We're big fans of baked risotto for an easy family dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become soft and creamy. This version pairs butternut pumpkin and bacon with the warmth of thyme and the crunch of walnuts. Perfection!

Pantry Staples: Olive Oil, Balsamic Vinegar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **large frying pan** • **large baking dish**



1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Cut the **peeled pumpkin** into 2cm chunks. Place the **pumpkin** and a **pinch of chilli flakes** (if using) on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.
TIP: Cut the pumpkin to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the pumpkin is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme leaves**.
TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead. Roughly chop the **bacon**.



3 MAKE THE RISOTTO

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **bacon** and cook until browned, **4-5 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**. Add the **water**, **salt**, **arborio rice** and crumbled **chicken stock** cubes. Bring to the boil, then remove from the heat. Transfer the **risotto** to a large baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.



4 TOAST THE WALNUTS

Wash and dry the frying pan and return to a medium-high heat. Add the **walnuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Cut the **lemon** into wedges.



5 FINISH THE RISOTTO

In a medium bowl, combine the **balsamic vinegar**, **4 tsp olive oil** and a **pinch of salt** and **pepper**. Add the **classic salad mix** and, just before serving, toss to coat. Remove the **risotto** from the oven and stir through the **baby spinach leaves**, **butter** and **grated Parmesan cheese**. Stir through a **splash of water** to loosen the risotto if needed. Gently stir in the roasted **pumpkin** and season to taste with **salt** and **pepper**.



6 SERVE UP

Roughly chop the toasted walnuts. Divide the bacon and pumpkin risotto between bowls and sprinkle with the chopped walnuts. Serve with the salad and lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
peeled pumpkin	1 packet (400g)
chilli flakes (optional)	pinch
brown onion	1
garlic	4 cloves
thyme	1 bunch
bacon	1 packet
water*	4 cups
salt*	½ tsp
arborio rice	2 packets
chicken stock	2 cubes
walnuts	2 packets
lemon	1
balsamic vinegar*	2 tsp
classic salad mix	1 bag (150g)
baby spinach leaves	1 bag (60g)
butter*	40g
grated Parmesan cheese	3 packets (90g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3590kJ (857Cal)	765kJ (183Cal)
Protein (g)	29.0g	6.2g
Fat, total (g)	35.7g	7.6g
- saturated (g)	16.8g	3.6g
Carbohydrate (g)	98.4g	21.0g
- sugars (g)	12.6g	2.7g
Sodium (g)	1180mg	252mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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