



Bacon & Butternut Squash Risotto

with Chilli and Cheese

26

Calorie Smart 40-45 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Diced Butternut Squash



Onion



Flat Leaf Parsley



Red Chilli



Garlic Clove



Streaky Bacon



Vegetable Stock Paste



Risotto Rice



Grated Hard Italian Style Cheese



Lemon

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and saucepan.

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**	4 rashers	6 rashers	8 rashers
Water for the Risotto*	750ml	1125ml	1500ml
Vegetable Stock Paste 10)	20g	30g	40g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Lemon**	½	½	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2424 / 579	625 / 149
Fat (g)	13.7	3.5
Sat. Fat (g)	6.7	1.7
Carbohydrate (g)	88.5	22.8
Sugars (g)	11.7	3.0
Protein (g)	21.9	5.7
Salt (g)	3.34	0.86

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 8) Egg 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Squash

Preheat your oven to 220°C/200°C fan/gas mark 7. Pop the **diced butternut squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 20-30 mins. Turn halfway through.



Ladle and Stir

Add the **chilli** and the **garlic** to the **onions** and **bacon**. Cook for 1 min, then add the **risotto rice**.

Stir and cook until the edges of the **rice** are translucent, 1-2 mins. Stir in a ladle of your **stock**.

When the **stock** has been absorbed by the **rice**, stir in another ladle. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Do the Prep

Meanwhile, 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. **TIP:** Use scissors to cut the bacon.

IMPORTANT: Wash your hands and equipment after handling raw meat.



Taste and Season

Once the **risotto** is ready, remove from the heat. Stir in the **cooked butternut squash**, **grated hard Italian style cheese**, **three quarters of the parsley** and a knob of **butter** (if you have any). Season to taste with **salt** and **pepper**.



Start the Risotto

To make your **risotto stock**, pour the **water for the risotto** (see ingredients for amount) into a medium saucepan on high heat. Add the **veg stock paste** and stir to combine. Bring to the boil, then reduce the heat to the lowest setting to keep it warm.

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat. Once hot, add the **bacon** and stir-fry for 1-2 mins.

Add the **onion** and cook, stirring, until the **onion** is soft and the **bacon** is browned, 4-5 mins.

IMPORTANT: Cook bacon thoroughly.



Finish and Serve

Halve the **lemon**, then squeeze **lemon juice** into the **risotto** to taste.

Serve the **bacon and butternut squash risotto** in bowls with the remaining **parsley** sprinkled over the top.

Enjoy!

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