

# Baked Bacon & Butternut Risotto

with Sage & Walnuts

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Nan's Special Seasoning



Chilli Flakes (Optional)



Brown Onion



Sage



Garlic



Diced Bacon



Arborio Rice



Vegetable Stock Pot



Shaved Parmesan Cheese



Baby Spinach Leaves



Apple



Walnuts

 Hands-on: **25-35 mins**  
 Ready in: **45-55 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

We're big fans of baked risotto for an easy weeknight dinner. Just pop it in the oven and walk away – the flavours will develop and the rice will soak up the liquid to become al dente and creamy. Perfection!

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small bag	1 medium bag
Nan's special seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
brown onion	½	1
sage	1 bag	1 bag
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
arborio rice	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
butter*	20g	40g
shaved Parmesan cheese	2 packets (60g)	4 packets (120g)
baby spinach leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
apple	1	2
walnuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3259kJ (779Cal)	765kJ (183Cal)
Protein (g)	29.3g	6.9g
Fat, total (g)	31.8g	7.5g
- saturated (g)	14g	3.3g
Carbohydrate (g)	90.9g	21.3g
- sugars (g)	15.4g	21.3g
Sodium (mg)	1967mg	462mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **Nan's special seasoning** and a pinch of **chilli flakes** (if using). Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



## Finish the risotto

When the risotto is ready, stir in the **butter**, **shaved Parmesan cheese** and 1/2 the **baby spinach leaves**. Gently stir in the roasted **pumpkin**, then season.

**TIP:** *Stir through a splash of water to loosen the risotto, if needed.*



## Get prepped

While the pumpkin is roasting, finely chop the **brown onion** (see ingredients), **garlic** and **sage leaves**.



## Make the salad

Thinly slice the **apple** into wedges. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add the **apple** and remaining **baby spinach**. Toss to coat.



## Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **water**, the **salt**, **arborio rice** and **vegetable stock pot**. Bring to the boil, then remove from the heat. Transfer to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** *'Al dente' rice is cooked through but still slightly firm in the centre.*



## Serve up

Roughly chop the **walnuts**. Divide the baked bacon and pumpkin risotto between bowls. Sprinkle with the walnuts. Serve with the salad on the side.

## Enjoy!