



Baked Kumara & Mushroom Risotto

with Toasted Pecans & Parmesan

Grab your Meal Kit with this symbol



Kumara



Brown Onion



Garlic



Sage



Pecans



Arborio Rice



Vegetable Stock



Baby Spinach Leaves



Button Mushrooms



Grated Parmesan Cheese



Hands-on: **25-35** mins
Ready in: **40-50** mins

Kumara goes a long way in this hearty meal. Roast it first before stirring it into a creamy, cheesy baked risotto for a rich flavour that will change the way you think about this humble Italian rice dish.

Unfortunately, this week's pine nuts were in short supply, so we've replaced them with pecans. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter

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 too.

You will need

Oven tray lined with baking paper ·
Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
brown onion	1	2
garlic	2 cloves	4 cloves
sage	1 bunch	1 bunch
pecans	1 packet	2 packets
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	1 sachet	2 sachets
baby spinach leaves	1 bag (120g)	1 bag (240g)
button mushrooms	1 punnet (250g)	1 punnet (400g)
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	584kJ (139Cal)
Protein (g)	22.8g	3.8g
Fat, total (g)	26.4g	4.5g
- saturated (g)	11.8g	2.0g
Carbohydrate (g)	119g	20.0g
- sugars (g)	18.5g	3.1g
Sodium (g)	1170mg	197mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Place the **kumara**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time!



2. Get prepped

While the kumara is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and thinly slice the **sage** leaves. Roughly chop the **pecans**. Heat a medium frying pan over a medium-high heat. Add the **pecans** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



3. Start the risotto

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and **vegetable stock** and bring to the boil. Remove from the heat, then transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.



4. Cook the veggies

When the risotto has **15 minutes** cook time remaining, roughly chop the **baby spinach leaves**. Thinly slice the **button mushrooms**. Return the frying pan to a high heat with a **drizzle of olive oil** and add **1/2** the **butter**. Add the sliced **mushrooms** and cook until browned, **5-6 minutes**. Add the **baby spinach** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**.



5. Finish the risotto

Remove the risotto from the oven and add the **grated Parmesan cheese** (reserve some for garnish!) and the **remaining butter**. Gently stir in the roasted **kumara**, the **mushrooms** and **baby spinach** and **season generously** with **salt** and **pepper**.

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



6. Serve up

Divide the baked kumara and mushroom risotto between bowls. Garnish with the toasted pecans and reserved Parmesan cheese.

Enjoy!