



# Butternut Squash Risotto

with Green Beans and Rocket



## HELLO PISTACHIOS

Known as the 'smiling nut' in Iran and the 'happy nut' in China and sometimes even the 'green almond'.



Rosemary



Chopped Butternut Squash



Vegetable Stock Powder



Echalion Shallot



Garlic Clove



Green Beans



Pistachios



Italian Style Herbs



Arborio Rice



White Wine Vinegar



Lemon



Rocket

Creamy, hearty and wholesome, our dairy-free butternut squash risotto is the perfect recipe for a cosy night in. Rosemary and butternut squash are a delicious flavour combination, especially when roasted together in the oven before being mashed into a rough purée. Mashing the squash thickens the risotto, as well as giving it a lovely creamy texture. Serve in deep bowls and top with the lemony dressed rocket and chopped pistachios.

35 mins

2 of your 5 a day

Veggie

MEAL BAG



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some a **Baking Tray**, two **Large Saucepans**, a **Measuring Jug** and **Ladle**. Now, let's get cooking!



## 1 ROAST THE SQUASH

Preheat your oven to 200°C. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Pop the **butternut squash** onto a baking tray and drizzle on a splash of **oil**. Season with **salt** and **pepper** and sprinkle on the **rosemary**. Use your hands to rub the flavours all over the **squash**. Roast on the top shelf of your oven until soft and golden, 18-20 mins. Turn halfway through cooking.



## 2 PREP TIME

Meanwhile, fill a large saucepan with **water** (see ingredients for amount) and pop onto medium heat to slowly come to the boil. Stir in and dissolve the **stock powder**. Halve, peel and chop the **shallot** into small chunks. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds. Remove the **pistachios** from their shells. Discard the shells and roughly chop the **nuts**.



## 3 START THE RISOTTO

Heat a splash of **oil** in another large saucepan on medium heat. Add the **shallot**, **Italian style herbs** and a pinch of **salt** and **pepper**. Stir and cook until soft, 3-4 mins. Stir in the **garlic** and cook for 1 minute more. Pour in the **rice** and stir together. Cook and stir for 1 minute so the **rice** is coated in the **garlicky oil**. Add the **white wine vinegar** and allow it to evaporate.



## 4 STIR IT UP!

Add a ladleful of the **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and repeat. Continue adding ladlefuls of **stock**, stirring regularly until it has all been absorbed by the **rice**. This should take 20-25 mins. **TIP:** Let the rice absorb each ladleful of stock before adding the next. After 10 mins, add the **green beans** and carry on stirring.



## 5 SQUASH THE SQUASH!

When the **squash** is ready, remove from the oven and transfer to a bowl. Use a fork to mash it to a rough purée. Add to the **risotto** as soon as it is ready and keep cooking and stirring until all of the **stock** has been used. **TIP:** The risotto is done when the rice is 'al dente' - cooked through but with a bit of firmness left. Halve the **lemon** and add a squeeze of **juice** to the **risotto**. Season to taste with more **salt** and **pepper** if required.



## 6 FINISH AND SERVE!

Pop the **rocket** in a large bowl and drizzle on a splash of **oil** and a squeeze of **lemon juice**. Toss and get ready to serve. Spoon the **risotto** into deep bowls and top with the **rocket**. Finish with a sprinkling of **pistachios**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Rosemary *	½ bunch	¾ bunch	1 bunch
Chopped Butternut Squash *	300g	750g	900g
Water*	750ml	1.1 litres	1.5 litres
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Echalion Shallot *	1	2	2
Garlic Clove *	1	2	2
Green Beans *	1 small pack	1 large pack	2 small packs
Pistachios 2)	1 small bag	1 small bag	1 large bag
Italian Style Herbs	½ pot	1 pot	1 pot
Arborio Rice	175g	260g	350g
White Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Lemon *	1	1	2
Rocket *	1 bag	1½ bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 447G	PER 100G
Energy (kcal)	491	110
(kJ)	2052	459
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	89	20
Sugars (g)	13	3
Protein (g)	16	4
Salt (g)	0.82	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 10) Celery 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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