



Roasted Sweet Potato Risotto

with Mushrooms & Toasted Pecans

Grab your Meal Kit with this symbol 



-  Sweet Potato
-  Brown Onion
-  Garlic
-  Sage
-  Pecans
-  Arborio Rice
-  Vegetable Stock
-  Silverbeet
-  Sliced Mushrooms
-  Grated Parmesan Cheese

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

 Naturally gluten-free
Not suitable for Coeliacs

 Eat me early

This melt-in-your-mouth risotto, studded with roasted sweet potato, silverbeet and mushroom, makes a super nourishing meal. Pecans and sage add an extra depth of flavour, and don't forget the Parmesan for that special finishing touch!

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.

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
sweet potato	2	4
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	2 cubes	4 cubes
silverbeet	1 bunch	1 bunch
butter*	30g	60g
sliced mushrooms	1 packet	1 packet
grated Parmesan cheese	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (835Cal)	586kJ (140Cal)
Protein (g)	22.7g	3.8g
Fat, total (g)	26.8g	4.5g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	120g	20.1g
- sugars (g)	18.4g	3.1g
Sodium (g)	1200mg	200mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) 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 sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, 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 sweet potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the sweet potato 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 chopped **pecans** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



3. Start the risotto

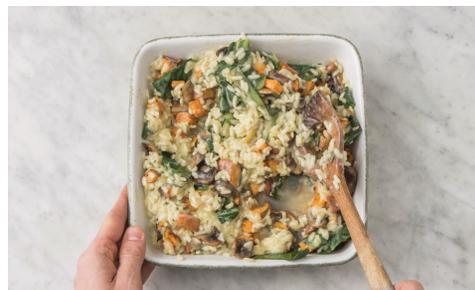
Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **sage** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir to coat. Add the **water** and crumbled **vegetable stock (2 cubes for 2 people / 4 cubes for 4 people)** and bring to the boil. Remove from the heat and 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**.

TIP: 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



4. Cook the veggies

When the risotto has **15 minutes** cook time remaining, roughly chop the **silverbeet**. Return the frying pan to a high heat with a **drizzle of olive oil** and **1/2 the butter**. Add the **sliced mushrooms** and cook until well browned, **5-6 minutes**. Add the **silverbeet** 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 **remaining butter**. Stir through a **splash of water** to loosen the risotto if needed. Gently stir in the **roasted sweet potato**, **mushrooms** and **silverbeet** and season generously with **salt** and **pepper**.



6. Serve up

Divide the roast sweet potato risotto between bowls. Garnish with the toasted pecans and reserved Parmesan cheese.

Enjoy!