

# Truffle, Pumpkin & Leek Risotto

with Almond-Sage Topping & Plant-Based Parmesan

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic



Leek



Silverbeet



Sage



Flaked Almonds



Italian Herbs



Arborio Rice



Vegetable Stock Powder



Pear



Rocket Leaves



Plant-Based Grated Parmesan



Truffle Oil

- Hands-on: 25-35 mins
- Calorie Smart
- Plant Based
- Ready in: 45-55 mins

This rich pumpkin risotto comes together in the oven, leaving you to kick your feet up and enjoy quality time with the ones who matter. With the luxurious addition of truffle oil, it takes this plant-based meal to the next level – taste it and see!

### Pantry items

Olive Oil, Plant-Based 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 packet (400g)	1 packet (800g)
garlic	2 cloves	4 cloves
leek	1	2
silverbeet	1 bunch	1 bunch
sage	1 bag	1 bag
flaked almonds	1 packet	2 packets
plant-based butter*	30g	60g
Italian herbs	1 sachet	1 sachet
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 large sachet	2 large sachets
pear	1	2
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
plant-based grated parmesan	1 medium packet	2 medium packets
truffle oil	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2599kJ (621Cal)	495kJ (118Cal)
Protein (g)	16.1g	3.1g
Fat, total (g)	26g	5g
- saturated (g)	11g	2.1g
Carbohydrate (g)	107.3g	20.4g
- sugars (g)	20g	3.8g
Sodium (mg)	1592mg	303mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



## Bake the risotto

Transfer the **risotto** to a baking dish, then cover tightly with foil. 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.



## Get prepped

While the pumpkin is roasting, finely chop the **garlic**. Thinly slice the white and light green parts of the **leek**. Roughly chop the **silverbeet**. Pick the **sage** leaves. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **sage** and **flaked almonds** until golden, **1-2 minutes**. Transfer to a plate lined with paper towel.



## Bring it all together

While the risotto is baking, thinly slice the **pear**. In a medium bowl, combine the **rocket leaves**, **pear** and a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** and set aside. When the risotto is done, stir through the **plant-based grated Parmesan**, remaining **butter** and **roasted pumpkin**. Season to taste.



## Start the risotto

Return the frying pan to a medium-high heat, add a drizzle of **olive oil** and 1/2 the **plant-based butter**. Cook the **leek** and **silverbeet**, stirring, until tender, **3-4 minutes**. Add the **garlic**, **Italian herbs** and **arborio rice** and cook until fragrant, **1-2 minutes**. Add the **water** and **vegetable stock powder** and bring to the boil.



## Serve up

Drizzle some of the **truffle oil** over the pumpkin and leek risotto. Divide the risotto between bowls. Serve with the balsamic rocket salad. Garnish the risotto with the almond and sage topping to serve.

**TIP:** Truffle has a strong flavour, add more or less depending on taste.

## Enjoy!