



Mediterranean Pumpkin Risotto

with Baby Leaves, Parmesan & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Leek



Celery



Garlic & Herb Seasoning



Risotto-Style Rice



Vegetable Stock Powder



Peeled Pumpkin Pieces



Flaked Almonds



Chargrilled Capsicum Relish



Grated Parmesan Cheese



Baby Leaves



Chicken Breast



Diced Bacon

Prep in: 20-30 mins
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 a flavourful chargrilled capsicum relish stirred through and a sprinkle of flaked almonds on top, this Mediterranean delight is a must-have meal!

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
celery	1 stalk	2 stalks
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 small packet	1 medium packet
flaked almonds	1 packet	2 packets
chargrilled capsicum relish	1 medium packet	1 large packet
grated Parmesan cheese	1 large packet	2 large packets
baby leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2843kJ (679cal)	362kJ (86cal)
Protein (g)	22.2g	2.8g
Fat, total (g)	20.9g	2.7g
- saturated (g)	6g	0.8g
Carbohydrate (g)	93.7g	11.9g
- sugars (g)	13.4g	1.7g
Sodium (mg)	1390mg	176.9mg
Dietary Fibre (g)	2.3g	0.3g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**.
- Finely chop **celery**.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **leek**, stirring, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **risotto-style rice**, stirring to combine. Add the **water** and **vegetable stock powder** and bring to the boil. Cook, stirring, until combined, **2 minutes**.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



Bake the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- In the **last 5 minutes** of cook time, add **flaked almonds** to one side of the tray. Toast until golden.



Finish the risotto

- Remove **risotto** from oven. Stir through **chargrilled capsicum relish** and half the **grated Parmesan cheese**. Season to taste.

TIP: If the risotto is dry, stir through a splash of water.



Toss the spinach

- In a medium bowl, combine **baby leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Serve up

- Divide Mediterranean risotto between bowls.
- Top with dressed baby leaves and roast pumpkin pieces.
- Sprinkle over remaining Parmesan cheese to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

