



# Thyme, Chorizo & Pumpkin Risotto

with Lemon & Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

23



Mild Chorizo



Onion



Thyme



Lemon



Garlic Paste



Garlic & Herb Seasoning



Risotto-Style Rice



Peeled Pumpkin Pieces



Baby Leaves



Grated Parmesan Cheese



Chicken Breast



Grated Parmesan Cheese

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 the luxurious addition of chorizo, it takes this delicious and fragrant meal to the next level – taste it and see!

### Pantry items

Olive Oil, Butter



## 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
<b>olive oil*</b>	refer to method	refer to method
mild chorizo	1 packet	2 packets
onion	½	1
thyme	1 packet	1 packet
lemon	½	1
garlic paste	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
<b>boiling water*</b>	2 cups	4 cups
peeled pumpkin pieces	1 small packet	1 medium packet
baby leaves	1 medium packet	1 large packet
<b>butter*</b>	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (915cal)	369kJ (88cal)
Protein (g)	33.1g	3.2g
Fat, total (g)	42.4g	4.1g
- saturated (g)	20.4g	2g
Carbohydrate (g)	96.6g	9.3g
- sugars (g)	10.6g	1g
Sodium (mg)	1698mg	163.4mg
Dietary Fibre (g)	6.7g	0.6g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **mild chorizo** into 1cm chunks.
- Finely chop **onion** (see ingredients).
- Pick **thyme leaves**. Zest **lemon** to get a good pinch, then slice into wedges.

**Little cooks:** Under adult supervision, older kids can help zest the lemon.



## Roast the pumpkin & chorizo

- While the risotto is baking, place **peeled pumpkin pieces** and **chorizo** on a lined oven tray.
- Drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.
- When the risotto has **5 minutes** remaining, stir through **baby leaves**, then bake, covered with foil, until rice is al dente.



## Start the risotto

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **thyme**, **garlic paste** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.



## Finish the risotto

- When the risotto is done, stir through **roasted pumpkin** and **chorizo**, the **butter**, **lemon zest**, half the **grated Parmesan cheese** and a squeeze of **lemon juice**. Season to taste.

**TIP:** Stir through a splash of water if the risotto looks dry.



## Bake the risotto

- To the pan, add **risotto-style rice** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people). Stir to combine, then transfer **risotto mixture** to a baking dish.
- Cover tightly with foil and bake until liquid is absorbed, **24-28 minutes**.



## Serve up

- Divide thyme, chorizo and pumpkin risotto between bowls.
- Top with remaining Parmesan cheese.
- Serve with any remaining lemon wedges. 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.

#### + DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

