



Baked Pumpkin & Sage Brown Butter Risotto

with Parmesan & Pine Nuts

Grab your Meal Kit with this symbol



Brown Onion



Sweetcorn



Garlic



Peeled & Chopped Pumpkin



Arborio Rice



Vegetable Stock



Pine Nuts



Sage



Grated Parmesan Cheese



Baby Spinach Leaves



Lemon

Hands-on: **35-45 mins**
Ready in: **50-60 mins**

This rich, creamy risotto comes together in the oven, leaving you free to create a quick and flavourful sage brown butter to stir through at the end. This easy addition takes this vegetarian meal to the next level – taste it and see!

Unfortunately, this week's green beans were in short supply, so we've replaced them with sweetcorn. Don't worry, the recipe will be just as delicious!

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 ·
Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
garlic	3 cloves	6 cloves
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
water*	2 cups	4 cups
arborio rice	1 packet	2 packets
vegetable stock	1 sachet	2 sachets
pine nuts	1 packet	2 packets
sage	1 bunch	1 bunch
butter*	40g	80g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
lemon	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3210kJ (766Cal)	784kJ (187Cal)
Protein (g)	23.4g	5.7g
Fat, total (g)	31.0g	7.6g
- saturated (g)	17.9g	4.4g
Carbohydrate (g)	95.1g	23.2g
- sugars (g)	9.9g	2.4g
Sodium (g)	1260mg	309mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Drain the **sweetcorn** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and add a **pinch of salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.



4. Cook the brown butter

While the risotto is baking, wash the frying pan and return to a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Thinly slice the **sage** leaves. When the **risotto** has **5 minutes** cook time remaining, return the pan to a medium-high heat and add the **butter**. Cook until foaming and browned slightly, **1-2 minutes**. Add the **sage** and cook until fragrant, **1 minute**. Set aside.



2. Start the risotto

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **sweetcorn** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **arborio rice** and **vegetable stock**. Bring to the boil, stir, then remove from the heat.



5. Finish the risotto

Stir the **grated Parmesan cheese** (reserve some for garnish), **sage brown butter** and **baby spinach leaves** through the **risotto** until the Parmesan has melted and the spinach has wilted. Gently stir through the roasted **pumpkin**. Season to taste with **salt** and **pepper**. Slice the **lemon** (see ingredients list) into wedges.



3. Bake the risotto

Transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake, stirring through a **splash of water** halfway through cooking, 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.



6. Serve up

Divide the baked pumpkin and sage brown butter risotto between bowls. Top with a squeeze of lemon juice. Garnish with the toasted pine nuts and reserved Parmesan. Serve with any remaining lemon wedges.

Enjoy!