HELLO FRESH

Thyme, Chorizo & Pumpkin Risotto
with Parmesan Cheese
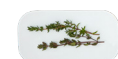
KID FRIENDLY

Mild Chorizo

Onion

Thyme

Garlic Paste

Garlic & Herb Seasoning

Arborio Rice

Peeled Pumpkin Pieces

Baby Spinach Leaves

Grated Parmesan Cheese

Chicken Breast

Pantry items

Olive Oil, Butter

Prep in: 20-30 mins
Ready in: 45-55 mins

Eat Me Early*
*Custom Recipe only

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

N

Before you start

Wash your hands and any fresh food

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
mild chorizo	1 packet	2 packets
onion	1	2
thyme	1 bag	1 bag
garlic paste	1 packet (15g)	1 packet (30g)
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	1 packet
boiling water*	2 cups	4 cups
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
baby spinach leaves	1 medium bag	1 large bag
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

***Pantry Items** **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3686kJ (881Cal)	794kJ (190Cal)
Protein (g)	33.1g	7.1g
Fat, total (g)	42.2g	9.1g
- saturated (g)	20.5g	4.4g
Carbohydrate (g)	90.3g	19.4g
- sugars (g)	8.4g	1.8g
Sodium (mg)	1682mg	362mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4445kJ (1062Cal)	712kJ (170Cal)
Protein (g)	65.6g	10.5g
Fat, total (g)	47.9g	7.7g
- saturated (g)	22.1g	3.5g
Carbohydrate (g)	90.3g	14.5g
- sugars (g)	8.4g	1.3g
Sodium (mg)	1781mg	285mg

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.

We're here to help!

Scan here if you have any questions or concerns

1

Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **mild chorizo** into 1cm chunks. Finely chop **onion**.
- Pick **thyme** leaves.

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

Custom Recipe: If you've added chicken breast to your meal, cut chicken breast into 2cm chunks.

2

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**.

Custom Recipe: Cook chicken with the onion, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

3

Bake the risotto

- To the pan, add **arborio 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**.

4

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 spinach leaves**, then bake, covered with foil, until rice is 'al dente'.

5

Finish the risotto

- When the risotto is done, stir through **roast pumpkin** and **chorizo**, the **butter** and 1/2 the **grated Parmesan cheese**. Season to taste.

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

6

Serve up

- Divide thyme, chorizo and pumpkin risotto between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: **hellofresh.co.nz/rate**