






More Than Food

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Sage and Butternut Squash Risotto

Oysters, coconuts and lobster. There are certain ingredients that you wouldn't necessarily pick up when you're looking for a quick fix. Aside from needing specialised hardware, if you haven't dismantled them before, there's actually a reasonable chance of causing yourself a mischief in the process. After a straw poll around the FreshFarm, it turns out that the humble butternut squash has also mystified a few people, so we're tackling it head on. Roasted with sage and combined with risotto, the only specialised equipment you'll need is a spoon to eat it.

 40 mins

 veggie

 gluten free



Butternut Squash



Sage Leaves



Garlic Clove



Onion



Vegetable Stock Pot



Netherend Butter



Arborio Rice



Hard Italian Cheese

Ingredients

	2P	4P
Butternut Squash, chopped	¾	1½
Sage Leaves	½ bag	1 bag
Garlic Clove, chopped	2	4
Onion, chopped	1	2
Vegetable Stock Pot 1	1	2
Netherend Butter 2	1½ tbsp	3 tbsp
Arborio Rice	1 cup	2 cups
Hard Italian Cheese 2	2 tbsp	4 tbsp

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Milk

Nutrition per serving: Calories: 805 kcal | Protein: 20 g | Carbs: 175 g | Fat: 5 g | Saturated Fat: 3 g



1 Pre-heat your oven to 220 degrees and chop your butternut squash in half lengthways, peel each half with a vegetable peeler and remove the seeds with a spoon.



2 Chop three quarters of the squash into roughly 2cm chunks and shred the sage leaves (discarding the stalk). Mix the squash and the sage leaves together with ½ tbsp of olive oil and a good pinch of salt and pepper. Put them on a baking tray on the top shelf of the oven for 25 mins, or until they're crispy.



3 Place the flat side of a large knife on top of the garlic clove and press down firmly. The skin will come off easily. Chop your garlic really finely, peel the onion and chop the onion as small as possible. Finally, boil 600ml of water with the stock pot.



4 Mix the garlic, onion, 1 tbsp of olive oil and 1 tbsp of the butter in a frying pan on medium heat. After five mins, the ingredients should be soft (not browned off). Add the rice with ¼ tsp of salt and pepper and continue to cook for 2 mins.

5 If you happen to have a splash of white wine, then after two mins, or once the rice has a little bit of translucency around the edges, add half a glass to the pan. Bubble it away for a minute. If you don't have any wine then not to worry - just skip straight to step 6.

6 Add ½ cup of your stock into the rice. Stir it with long, massaging motions using a wooden spoon, until the stock has almost disappeared. Repeat this process until all the stock has been used (which should take just under 20 mins).

7 Taste the rice (be careful it's hot!). It should be soft, yet with a slight firmness in the centre. If not, add ½ cup of water and cook it for a little longer. Grate in three quarters of your cheese and add in a bit more butter (if you're feeling decadent!). Stir everything together.

8 Taste once more for seasoning and add a little salt and pepper if necessary. Serve in bowls with a sprinkle of the remaining cheese and top it with the butternut squash chunks. If you have some good quality olive oil (or decadent truffle oil!) drizzle a little on top.