



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#) [s](#)
You'll be entered into our weekly photo contest!

Bacon, Chilli and Butternut Squash Risotto

Risotto is the ultimate comfort food; it's warm, creamy and satisfying. With just the right amount of heat from the chillies, creaminess from the risotto rice and the roasted butternut squash, you'll be cosying up on the couch to enjoy this bowl of goodness. Don't forget the all important final squeeze of lemon!



35 mins



spicy



3 of your
5 a day



Butternut Squash (1)



Onion (1)



Red Chilli
(½)



Flat Leaf Parsley
(1 bunch)



Garlic Clove (1)



Water (1l)



Arborio Rice (175g)



Streaky Bacon Rashers
(4)



Parmesan Cheese
(40g)



Vegetable Stock Pot
(1)



Netherend Butter
(30g)



Lemon
(½)

2 PEOPLE INGREDIENTS

- Butternut Squash, chopped **1**
- Onion, chopped **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Red Chilli, chopped **½**
- Vegetable Stock pot **1**
- Lemon **½**
- Water **1l**
- Garlic Clove, grated **1**
- Streaky Bacon Rashers **4**
- Parmesan Cheese **40g**
- Netherend Butter **30g**
- Arborio Rice **175g**

Allergens: Celery, Milk, Sulphites.

Nutrition as per prepared and listed ingredients

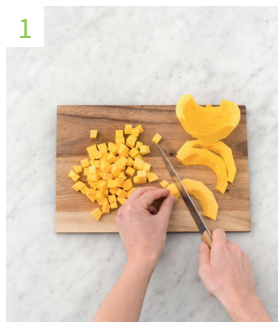
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	695 kcal / 2923 kJ	28 g	15 g	23 g	13 g	26 g	4 g
Per 100g	119 kcal / 502 kJ	5 g	3 g	4 g	2 g	4 g	1 g

🌱 Our fruit and veggies may need a little wash before cooking!

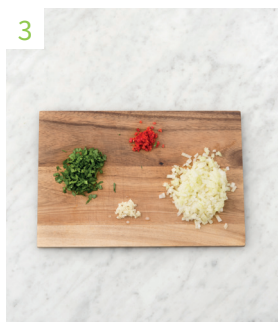
Did you know...

Butternut squash and pumpkins are very similar, however a pumpkin is classed as a fruit, whereas butternut squash is classed as a vegetable.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Preheat your oven to 200 degrees. Cut the **butternut squash** in half lengthways and scoop out the seeds with a spoon (or a melon baller works well if you have one!). Slice it widthways to about 1cm thick (we want to be able to cook this nice and quickly). Now chop into 1cm cubes.



2 Put your **butternut squash** on a baking tray and drizzle over some **oil**, a sprinkling of **salt** and a good grind of **black pepper**. Pop in your oven on the top shelf for 25-30 mins. Then remove from your oven and keep to the side.

3 Meanwhile, cut the **onion** in half through the root, peel and chop into ½cm pieces. Roughly chop the **parsley**. Cut the **red chilli** in half lengthways, remove the seeds and finely chop. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **bacon** into 1cm wide strips (use scissors for this if you want, it's much easier!). Grate the **parmesan**.

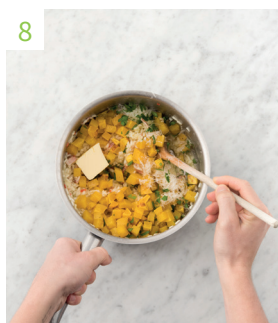
4 Put a saucepan of **water** (amount specified in the ingredient list) on to boil with the **vegetable stock pot** and stir to dissolve.

5 Put half the **butter** in a large saucepan on medium heat along with a drizzle of **oil**. Add your **onion** and **bacon** and cook for 5 mins until your **onion** is soft and your **bacon** browned. Add your **chilli** (add less if you don't like spice) and **garlic** and cook for 1 minute.



6 Once the pan is smelling fragrant and garlicky, add the **rice** along with a good pinch of **salt** and a good grind of **black pepper**, stir and cook for 1-2 mins until your **rice** looks slightly translucent around the edges.

7 After a minute or two, add in a ladle of your **stock**, stir, and once absorbed, add another ladle of **stock**. Keep the pan on medium heat and continue adding **stock** (stirring now and again while it cooks), letting it absorb before adding another ladle. This should take 17-20 mins. Your **risotto** is ready when your rice is 'al dente'. **Tip:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle.



8 Once cooked, remove from the heat and add your **butternut squash** along with three-quarters of your **parmesan**, your remaining **butter** and three-quarters of your **parsley**. Squeeze in half the **lemon juice**, taste and add more **lemon juice**, **salt** and **black pepper** if necessary.

9 Serve your **risotto** in bowls with the rest of your **parsley** and **parmesan** sprinkled over the top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!