



# Brilliant Bacon & Butternut Squash Risotto with Chilli and Cheese

**Classic** 40 Minutes • Mild Spice • 1 of your 5 a day

3



Diced Butternut Squash



Onion



Flat Leaf Parsley



Red Chilli



Garlic Clove



Streaky Bacon Rasher



Vegetable Stock Paste



Risotto Rice



Grated Hard Italian Style Cheese



Lemon



10 YEARS

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Ladle, Baking Tray and Saucepan.

## Ingredients

	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Onion**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Garlic Clove**	1	1	2
Streaky Bacon Rasher**	4 rashers	6 rashers	8 rashers
Water*	750ml	1125ml	1500ml
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Lemon**	½	½	1

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	2416 / 577	629 / 150
Fat (g)	14	4
Sat. Fat (g)	7	2
Carbohydrate (g)	88	23
Sugars (g)	11	3
Protein (g)	21	6
Salt (g)	3.34	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Roast the Squash

Preheat your oven to 200°C. Pop the **diced butternut squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread them out in a single layer. When the oven is hot, roast on the top shelf until golden and tender, 20-30 mins. Turn halfway.



## Ladle and Stir

Add the **chilli** and the **garlic**. Cook for 1 min, then add the **risotto rice**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins. Stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is al dente - cooked through but with a tiny bit of firmness left in the middle.



## Do the Prep

Meanwhile, halve, peel and chop the **onion** into small pieces. Roughly chop the **parsley** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press). Chop the **bacon rashers** widthways into 1cm wide strips. **TIP:** Use scissors to cut the **bacon**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Taste and Season

Once the **risotto** is ready, remove from the heat. Add the **cooked butternut squash**, **hard Italian style cheese**, **three quarters** of the **parsley** and a knob of **butter** (if you have some). Season to taste with **salt** and **pepper**.



## Start the Risotto

Pour the **water** (see ingredients for amount) into a medium saucepan on high heat. Add the **veg stock paste** and stir to combine. Bring to the boil then reduce the heat to the lowest setting. Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat. Add the **onion** and **bacon**. Stir and cook until the **onion** is soft and the **bacon** is browned, 5-6 mins. **IMPORTANT:** Cook **lardons** thoroughly.



## Finish and Serve

Halve the **lemon**, then squeeze **lemon juice** into the **risotto** to taste. Serve the **bacon and butternut squash risotto** in bowls with the remaining **parsley** sprinkled over the top.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.