



Butternut Squash Risotto

with Sage and Garlic



HELLO SAGE

Medieval tradition had it that growing sage in the garden would bring prosperity to the household.



Butternut Squash



Sage



Garlic Clove



Onion



Water



Vegetable Stock Pot



Netherend (Salted/Unsalted) Butter



Arborio Rice



Hard Italian Cheese

MEAL BAG

35 mins

3.5 of your 5 a day

Veggie

Warming, delicious and simple enough to rustle up in 35 minutes, this seasonal vegetarian risotto is Italian comfort food on tip-top form. Crispy butternut squash roasted with sage, is a simple flavour combination which takes the taste of this dish to the next level, and is one you'll be dreaming about for days to follow. Top with cheese for an irresistibly creamy finish and tuck in!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler, Baking Tray, Fine Grater** (or **Garlic Press**), **Measuring Jug**, two **Large Saucepans** and a **Ladle**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 220°C. Peel the **butternut squash**, then halve lengthways and scoop out the **seeds**. Chop into 2cm chunks. Pick the **sage leaves** from their stalks and finely chop (discard the stalks). Mix the **squash** and the **sage leaves** together on a baking tray with a glug of **oil** and a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until crispy, 25-30 mins.



2 PREP TIME!

Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into ½cm pieces. Pour the **water** (amount specified in the ingredient list) into a large saucepan. Bring to the boil on medium-high heat and stir in the **vegetable stock pot**.



3 START THE RISOTTO

Heat **half** the **butter** and a glug of **oil** in another large saucepan on medium heat. Add the **onion**, stir well and cook until soft, 5 mins. Add the **garlic**, stir and cook for 1 minute more. Add the **rice**, stir and cook until slightly translucent, 2 mins. If you happen to have a **white wine**, add half a glass to the pan. Let it bubble for 1 minute. If you don't have any wine, don't worry - just move on to step 4.



4 COOK THE RISOTTO

Add a ladleful of the **stock** to the **rice** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and continue to stir. Continue adding **stock** and stirring regularly, until all the **stock** has been absorbed by the **rice**. This should take 20-25 mins.



5 FINISH OFF

The **risotto** is ready when the **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. Once ready, remove from the heat. Add three-quarters of both the **squash** and the hard Italian **cheese** and the remaining **butter**. Taste and add **salt** and **black pepper** if you feel it needs it.



6 SERVE!

Serve the **risotto** in bowls with a sprinkling of the remaining **cheese** and topped with the rest of the **squash** chunks. If you have some good quality **olive oil** (or decadent **truffle oil!**) drizzle a little over the top. **Enjoy!**

2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Sage, chopped	½ bunch
Garlic Clove, chopped	2
Onion, chopped	1
Water*	750ml
Vegetable Stock Pot 9) 12)	1
Unsalted Netherend Butter 7)	30
Arborio Rice	175g
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	660	148
(kJ)	2774	621
Fat (g)	24	5
Sat. Fat (g)	16	3
Carbohydrate (g)	94	21
Sugars (g)	15	3
Protein (g)	17	4
Salt (g)	2.85	0.32

ALLERGENS

7)Milk 9)Celery 12)Sulphites

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.

👍 THUMBS UP OR THUMBS DOWN?

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