



Sweet Potato and Bacon Risotto with Parsley and Almond Drizzle

Family 45 Minutes • 2 of your 5 a day

9



Sweet Potato



Red Onion



Courgette



Garlic Clove



Flaked Almonds



Flat Leaf Parsley



Chicken Stock Paste



Bacon Lardons



Risotto Rice



Grated Hard Italian Style Cheese

Pantry Items

Water, Olive Oil, Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, frying pan, baking tray, bowl and saucepan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Red Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1	2	2
Flaked Almonds 2)	15g	25g	40g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Oil for the Drizzle*	1 tbspc	1½ tbspc	2 tbspc
Water for the Stock*	750ml	1100ml	1500ml
Chicken Stock Paste	20g	30g	40g
Bacon Lardons**	90g	150g	180g
Risotto Rice	175g	260g	350g
Butter*	20g	30g	40g
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	3534 /845	736 /176
Fat (g)	33	7
Sat. Fat (g)	13	3
Carbohydrate (g)	106	22
Sugars (g)	13	3
Protein (g)	27	6
Salt (g)	3.79	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Halve, peel and chop the **red onion** into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Heat a large frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer the **almonds** to a board once toasted and roughly chop. Set aside.



Simmer

Add the **risotto rice** to the **bacon** pan and reduce the heat to medium. Stir and cook until the edges of the **rice** are translucent, 1-2 mins. Add a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of stock. 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. Stir the **courgette** into the **risotto** after 10 mins of cooking time.



Roast the Sweet Potato

Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 20-22 mins. Turn halfway through. Meanwhile, the **frying pan** back on medium-high heat. Add the **finely chop the parsley** (stalks and all). Pop the **parsley** and **almonds** into a bowl with the **olive oil for the drizzle** (see ingredients for amount). Mix together, then set aside.



Finishing Touches

Once the **rice** is cooked, gently stir through the **roasted sweet potato**. Mix in the **butter** (see ingredients for amount) and **hard Italian style cheese**. Season to taste with **salt** and **pepper** if needed. **TIP: Add a splash of water if it's a little dry.**



Start the Risotto

Meanwhile, pour the **water for the stock** (see ingredients for amount) into a medium saucepan on high heat. Add the **chicken stock paste** and stir to combine. Bring to the boil, then reduce the heat to the lowest setting. Pop your (now empty) **frying pan** back on medium-high heat. Add the **bacon lardons**. Stir-fry until golden, 4-5 mins. Add the **onion** and cook until softened, 4-5 mins. Stir in the **garlic** and cook for 1 min more. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



Serve

Spoon the **risotto** into your bowls. Finish with a spoonful of the **parsley and almond drizzle** over the top.

Enjoy!