



Sweet Potato Risotto

with Brazil Nut Drizzle



HELLO BRAZIL NUT

Despite their name, the most significant exporter of Brazil nuts is not Brazil but Bolivia,



Onion



Courgette



Diced Sweet Potato



Flat Leaf Parsley



Brazil Nuts



Vegetable Stock Powder



Easy Garlic



Arborio Rice



Hard Italian Cheese



Unsalted Butter



MEAL BAG

45 mins

5 of your a day

Veggie

Our velvety sweet potato and pancetta risotto is full of fresh flavours perfect for a Summer evening. To take flavours to the next level, Chef Mimi has topped it with a Brazil nut drizzle which will give a lovely crunchy texture to this deliciously creamy dish. If you've got fussy eaters at the table, just leave this last step out and serve up!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Measuring Jug, Large Saucepan, Large Frying Pan** and **Ladle**. Now let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C. Halve, peel and chop the **onion** into small 1cm pieces. Remove the ends from the **courgette** and halve lengthways slice into 1cm wide long strips, then chop into 1cm chunks.



2 SWEET POTATO TIME!

Pop the **sweet potato** on a baking tray, drizzle with **oil, salt** and **pepper**. Toss to coat, roast on the top shelf of your oven until golden on the outside and soft in the middle, 20-25 mins. Finely chop the **parsley** (stalks and all) and roughly chop the **Brazil nuts**, or make a small hole in the bag and smash with the bottom of a pan. Pop both in a small bowl, add the **olive oil** (see ingredients for amount) and mix together.



3 GET STARTED

Meanwhile, pour the **water** (see ingredients for amount) into a large saucepan, add the **stock powder** and stir. Bring to the boil on high heat, then reduce the heat to low, the **stock** needs to keep warm. Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **pancetta**, cook, stirring frequently until browned, 3-4 mins then add the **onion**. Cook, still stirring, until softened, 5 mins. Stir in the **easy garlic**, cook for 1 minute more.



4 COOK THE RISOTTO

Stir the **rice** into the mix and add a ladle of **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladle and repeat, adjust the heat if necessary. Continue adding ladles of **stock**, stirring regularly until it's all been absorbed by the **rice**. This should take 25-30 mins. Add in the **courgette** 10 mins into the cooking time.



5 FINISH COOKING

Once the **rice** is cooked, stir in the **sweet potato** (or you could put it on top if you don't think the kids will like it mixed in). Then add the **hard Italian cheese** and **butter** and stir until melted and well combined. Taste and add **salt** and **pepper** if you feel it needs it.



6 SERVE

Serve the **risotto** in bowls. Spoon the **Brazil nut drizzle** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	1
Courgette	1	2	2
Diced Sweet Potato	200g	300g	400g
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Brazil Nuts 2)	1 small pack	1 small pack	1 large pack
Olive Oil*	1 tbsp	1 tbsp	2 tbsp
Water*	750ml	1.1ltr	1.5ltr
Chicken Stock Powder	1 pot	1½ pots	2 pots
Pancetta	90g	150g	180g
Easy Garlic	½ sachet	¾ sachet	1 sachet
Arborio Rice	175g	260g	350g
Hard Italian Cheese 7)	40g	40g	80g
Unsalted Butter 7)	15g	30g	30g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 480G	PER 100G
Energy (kcal)	886	184
(kJ)	3705	771
Fat (g)	42	9
Sat. Fat (g)	19	4
Carbohydrate (g)	100	21
Sugars (g)	8	2
Protein (g)	28	6
Salt (g)	2.82	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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