

# Italian Squash and Sage Risotto

**hellóchef**

Squash and sage are a traditional Italian flavour combination. They're most commonly paired in risotto and pasta dishes.

Cals 837 • Prot 27 • Carbs 128 • Fat 33

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2610



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Roasted squash	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Risotto				
Saffron Splash	10	20	20	ML
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Fresh sage	15	15	15	Grams
Water	700	1050	1400	ML
Vegetable stock cube	15*	1	2	Piece
Butter	4*	50	50	100
Olive oil	1	2	2	Tbsp
Arborio rice	160	240	320	Grams
Grated Parmesan	4*, 5*	60	90	120
Black pepper	0.5	0.5	1	Tsp
Lemon	1	1	2	Piece
To serve				
Rocket	40	80	80	Grams

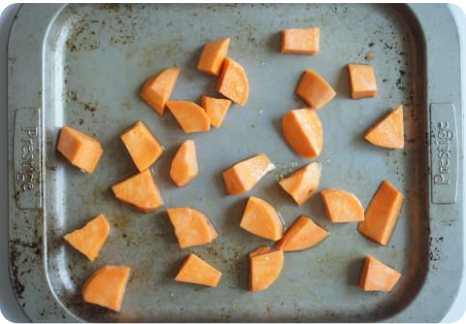
Allergens

\*15 Celery, \*4 Milk, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3483 / 837
Fat (g)	32.9
of which saturates (g)	13.2
Carbohydrate (g)	128
of which sugars (g)	14.7
Fiber (g)	12
Protein (g)	26.6
Salt (g)	0.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, chop it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** onto a large baking tray with a drizzle of **oil** and season with **salt**. Roast for 30 min or until golden and crisp.



2 Prep

Boil the **measured water** and dissolve the **vegetable stock cube** and **saffron** in it. Peel and finely chop the **brown onion**. Peel and mince the **garlic**. Chop the **sage** leaves finely.



3 Fry sage butter

Heat a large non-stick pan over a medium-low heat with the **butter**. Once the **butter** has melted, add the **sage** and fry for 2 min or until crispy. Pour the **sage butter** into a mug and return the pan to a medium heat.



4 Start risotto

Add a drizzle of **olive oil** and the **onion** to the pan with a pinch of **salt** and cook for 5-6 min or until softened. Once softened, add the **Arborio rice** and **garlic** and cook for 1 min further, stirring to coat the grains in the **oil**.



5 Cook risotto

Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

**Tip!** The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



6 Serve

Add the **grated Parmesan** to the **risotto** along with the **sage butter**. Season generously with **black pepper**. Slice the **lemon** into wedges and squeeze half of it into the **risotto**. Finally, fold in the roasted **squash cubes**. Garnish with any remaining **lemon** wedges and a handful of washed **rocket**.