

Italian Squash and Sage Risotto

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

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Cals 837 • Prot 27 • Carbs 128 • Fat 33

Vegetarian

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 35 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	1	2	Piece
Butter 4*	50	50	100	Grams
Olive oil	1	2	2	Tbsp
Arborio rice	160	240	320	Grams
Grated Parmesan 4*	60	90	120	Grams
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

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.

Tip! If using an air fryer, preheat to 180°C. Add the butternut squash to the air fryer basket with a drizzle or spray of oil and a pinch of salt. Air fry for 15-20 min until cooked, tossing halfway through.



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**.