

Butternut Squash Risotto

with Bacon and Sage

hellóchef

Risotto, originally from Northern Italy, is made with Arborio rice which is more starchy than most long grain varieties.

Cals 1014 • Prot 35 • Carbs 127 • Fat 50

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🕒 cook: 45 min

R3248



Before you start

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

Ingredients

Toppings	2 ppl	3 ppl	4 ppl	
Beef bacon	90	120	160	Grams
Pecan nuts 2*	40	60	80	Grams
Fresh sage	15	15	30	Grams
Butter 4*	30	50	50	Grams
Salt	1	1	2	Tsp
Risotto				
Butternut squash	600	900	1200	Grams
Olive oil	1	2	2	Tbsp
Red onion	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Water	700	1050	1400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Arborio rice	160	240	320	Grams
Grated Parmesan 4*, 5*	30	45	60	Grams
Lemon	1	1	2	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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)	4230 / 1014
Fat (g)	50.1
of which saturates (g)	17.2
Carbohydrate (g)	127
of which sugars (g)	12.7
Fiber (g)	12.9
Protein (g)	34.8
Salt (g)	5.5

*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

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash** and chop it into thin half-moons. Place the **squash** onto one side of a baking tray, drizzle with **oil** and season **salt**. Bake for 15 min. After 15 min, add the **beef bacon** to the other side of the tray. Bake for 15 min further.



2 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Boil the **measured water** and dissolve the **chicken stock cube** in it. Roughly chop the **pecan nuts**.



3 Fry

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5–6 min until softened. Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



4 Make 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 almost all of the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.



5 Sage butter

Meanwhile, pick the **sage** leaves. Heat a pan over a medium-low heat with the **butter**. Add a pinch of **salt**. Once the **butter** has melted, add the **sage** and fry for 2–3 min or until the **sage** turns crispy and the **butter** starts to turn brown. Remove the pan from the heat.



6 Mash squash

Once tender, mash the **squash** (save some whole pieces for garnish) on the tray with a fork. Add the **squash, grated Parmesan** and a squeeze of **lemon** juice to the **risotto**. Add a splash of water to loosen. Season with **salt** and **pepper**. Top with the **bacon, sage butter, squash** and **pecan nuts** and serve.