



Bacon and Butternut Squash Risotto

with Chilli and Cheese

Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day

8



Butternut Squash



Red Onion



Red Chilli



Garlic Clove



Streaky Bacon



Vegetable Stock Paste



Risotto Rice



Grated Hard Italian Style Cheese



Lemon



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Baking tray, garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Red Onion**	1	1	2
Red Chilli**	½	¾	1
Garlic Clove**	1	1	2
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Vegetable Stock Paste 10)	20g	30g	40g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Lemon**	½	½	1
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Risotto*	750ml	1125ml	1500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	555g	100g	685g	100g
Energy (kJ/kcal)	2677 /640	483 /115	3325 /795	486 /116
Fat (g)	14.1	2.5	16.4	2.4
Sat. Fat (g)	6.8	1.2	7.4	1.1
Carbohydrate (g)	105.3	19.0	105.4	15.4
Sugars (g)	20.4	3.7	20.5	3.0
Protein (g)	24.0	4.3	55.5	8.1
Salt (g)	3.6	0.65	3.79	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery

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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Roast the Squash

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 25-30 mins. Turn halfway through.



Ladle and Stir

Next, add the **risotto rice** to your **bacon** pan and cook, stirring, until the edges of the **rice** are translucent, 1-2 mins.

Stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle.

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.



Get Prepped

Meanwhile, halve, peel and chop the **red onion** into small pieces.

Halve the **red chilli** lengthways (see ingredients for amount), deseed and finely chop. Peel and grate the **garlic** (or use a garlic press).

Cut the **bacon rashers** widthways into 1cm wide strips (use scissors if easier). **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Pour the **water for the risotto** (see pantry for amount) into a medium saucepan on high heat. Add the **veg stock paste** and stir to combine. Bring to the boil, then reduce the heat to the lowest setting to keep your **stock** warm.



Mix It Up

Once the **risotto** is ready, remove from the heat. Stir in the **cooked butternut squash**, **grated hard Italian style cheese** and a knob of **butter** (if you have any).

Season to taste with **salt** and **pepper**.



Start your Risotto

Meanwhile, heat a drizzle of **oil** in another large, wide-bottomed saucepan on medium heat. Once hot, add the **bacon** and stir-fry for 1-2 mins.

Add the **onion** and **half the red chilli** (add less if you'd prefer things milder) and cook, stirring, until golden, 4-5 mins. Add the **garlic** to the pan and cook for 1 min more. **IMPORTANT:** Cook bacon thoroughly.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan with the **onion**, then allow it to cook with the **risotto** in the next step. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

Halve the **lemon** (see ingredients for amount), then squeeze some **lemon juice** into the **risotto** to taste.

Serve the **bacon and butternut squash risotto** in bowls with the remaining **red chilli** sprinkled over the top.

Enjoy!