



Butternut Squash and Chorizo Risotto

with Crispy Sage and Hazelnut Crumb

Festive Flavours 40-45 Minutes • 5 of your 5 a day

5



Chicken Stock Paste



Butternut Squash



Onion



Garlic Clove



Chorizo



Risotto Rice



Hazelnuts



Sage



Panko Breadcrumbs



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

Before you start

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

Cooking tools

Kettle, measuring jug, baking tray, garlic press, ovenproof pan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Butternut Squash**	1	1	1
Onion**	1	1	2
Garlic Clove**	2	3	4
Chorizo**	60g	90g	120g
Risotto Rice	175g	260g	350g
Hazelnuts 2)	25g	40g	40g
Sage**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	25g	35g	50g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4120 /985	542 /130
Fat (g)	38.3	5.0
Sat. Fat (g)	14.5	1.9
Carbohydrate (g)	128.8	16.9
Sugars (g)	29.1	3.8
Protein (g)	31.4	4.1
Salt (g)	4.2	0.56

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

Allergens

2) Nuts **7)** Milk **8)** Egg **13)** Cereals containing gluten

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 your Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Boil your kettle, then pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug. Add the **chicken stock paste** and stir well to combine - this is your **chicken stock**.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks. Pop it 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 soft and golden, 18-20 mins. Turn halfway through.



Make the Hazelnut Crumb

Meanwhile, roughly chop the **hazelnuts**. Pick the **sage leaves** from their stalks and roughly chop (discard the **stalks**).

In a small bowl, combine the **hazelnuts**, **sage**, **breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.

Heat a large frying pan on medium-high heat (no oil). Once hot, toast the **sage crumb** until golden brown, 3-4 mins. **TIP:** Watch it like a hawk as it can burn easily. Set aside for later.



Build the Flavour

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Add the **onion** and fry until starting to soften, 4-5 mins, then add the **garlic** and fry for 1 min more.



Finishing Touches

When the **risotto** is cooked, remove it from the oven and stir through the **butter** (see pantry for amount), **hard Italian style cheese** and **roasted butternut squash**.

Season to taste with **salt** and **pepper** if needed. **TIP:** Add a splash of water to loosen the risotto if needed.



Bake your Risotto

Add the **risotto rice** to the pan, then stir and cook until the edges are translucent, 1-2 mins.

Stir in your **chicken stock** and bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Serve

Share the **butternut and chorizo risotto** between your plates.

Sprinkle over the **sage and hazelnut crumb** to finish.

Enjoy!