



Bacon and Butternut Risotto

with parsley and Italian style cheese

Family 45-50 mins • Optional spice

4



Bacon Lardons



Onion



Parsley



Chilli



Garlic



Diced Butternut Squash



Hello Muscat



Risotto Rice



Grated Italian Style Hard Cheese



Lemon

Pantry Items: Water, Oil, Salt, Pepper, Butter (Optional)

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, ladle

Ingredients

	2P	4P
Bacon Lardons	100 g	200 g
Onion	1 unit	2 units
Parsley	5 g	10 g
Chilli	½ unit	1 unit
Garlic	1 unit	2 units
Diced Butternut Squash	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Risotto Rice	225 g	450 g
Grated Italian Style Hard Cheese	50 g	100 g
Lemon	½ unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	428.8 g	100 g
Energy (kJ/kcal)	2974.8 kJ/ 711 kcal	693.8 kJ/ 165.8 kcal
Fat (g)	18.8 g	4.4 g
Sat. Fat (g)	8.7 g	2 g
Carbohydrate (g)	109.3 g	25.5 g
Sugars (g)	9.9 g	2.3 g
Protein (g)	26.9 g	6.3 g
Salt (g)	3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



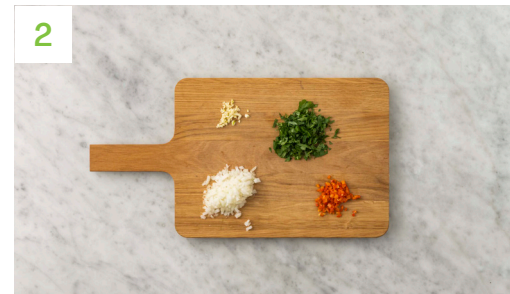
Roast the Butternut Squash

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **butternut squash** onto a large (lined) 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.



Stir in the Stock

- Add the **garlic** and **chilli** (use less if you don't like spice) and cook for 1 min more.
- Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.
- Stir in a ladle of your **stock**. When the **stock** has been absorbed, stir in another ladle.
- Keep the pot on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 25-30 mins.



Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **parsley** (stalks and all).
- Halve the **chilli** lengthways. Deseed and finely chop **half** (double for 4p).
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **lemon**.



Finishing Touches

- Once cooked, remove from the heat (your risotto will be ready when the **rice** is al dente—cooked through but with a tiny bit of firmness left in the middle).
- Add the roasted **butternut squash**, the **Italian style hard cheese**, three-quarters of the **parsley** and a knob of **butter** if you have any.
- Stir to combine.



Start the Risotto

- Add 1L **water** (double for 4p) to a medium pot over high heat. Bring to the boil.
- To make your **stock**, add the **muscat**, stir to dissolve and reduce heat to lowest setting.
- Place a separate large pot over medium heat with a drizzle of **oil**.
- When the **oil** is hot, add the **onion** and **bacon lardons**. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook bacon thoroughly.
- Stir and cook until the **onion** is soft and the **bacon** is browned, 5-6 mins.



Garnish and Serve

- Add a squeeze of **lemon** juice, taste and add more if desired.
- Serve the **bacon** and **butternut squash** risotto in bowls.
- Finish with a sprinkling of the remaining **parsley**.

Enjoy!