



Butternut Squash Risotto

with chilli and cheese

Calorie Smart 40-45 mins • Optional spice

11



Garlic



Grated Cheese



Parsley



Risotto Rice



Lemon



Diced Butternut Squash



Chilli



Vegetable Stock



Onion

Before you start

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

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Ladle

Ingredients

	2P	4P
Garlic	1 unit	2 units
Grated Cheese	50 g	100 g
Parsley	10 g	20 g
Risotto Rice	225 g	450 g
Lemon	½ unit	1 unit
Diced Butternut Squash	1 unit	2 units
Chilli	½ unit	1 unit
Vegetable Stock	2 sachets	4 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	382.8 g	100 g
Energy (kJ/kcal)	2450.2 kJ/ 585.6 kcal	640.2 kJ/ 153 kcal
Fat (g)	8.4 g	2.2 g
Sat. Fat (g)	4.9 g	1.3 g
Carbohydrate (g)	109.5 g	28.6 g
Sugars (g)	9.7 g	2.5 g
Protein (g)	18.1 g	4.7 g
Salt (g)	2.4 g	0.6 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

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Roast the Butternut Squash

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Put the diced **butternut squash** on a lined baking tray and drizzle over a little **oil**. Season with **salt** and **pepper**.
- Pop on the top shelf of your oven and roast until golden and tender, 25-30 mins. Turn halfway through cooking.



Cook the Risotto

- Add the chopped **chilli** (use less if you don't like spice) and **garlic**, cook for 1 min more, then stir in the **risotto rice**.
- Cook for 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 pot on medium heat and continue stirring in **stock**, letting it absorb each time.



Prep the Veg

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



Season and Taste

- 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.
- Add additional **water** if the **risotto** becomes too dry.
- Add the cooked **butternut squash**, the **cheese**, half the **parsley** and a knob of **butter**.



Start the Risotto

- Boil 750ml **water** (double for 4p) in a medium pot on high heat.
- When boiling add the **vegetable stock**, stir to dissolve and reduce the heat to the lowest setting.
- Heat a drizzle of **oil** in a (separate) large pot on medium heat. Add the **onion**. Stir and cook until the **onion** is soft, 5-6 mins.

TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

- Halve the **lemon**, add a squeeze of **lemon** juice, taste and season with **salt** and **pepper**.
- Serve the **butternut squash** risotto in bowls with the remaining **parsley** sprinkled over the top.

Enjoy!