



BUTTERNUT SQUASH AND SAGE RISOTTO

with Parmesan and Pepitas



HELLO PEPITAS

A sprinkle of pumpkin seeds brings a smattering of satisfying crunch.

PREP: 10 MIN | **TOTAL: 50 MIN** | **CALORIES: 650**

-  Yellow Onion
-  Garlic
-  Veggie Stock Concentrate
-  Parmesan Cheese
(Contains: Milk)
-  Sage
-  Butternut Squash
-  Arborio Rice
-  Pepitas

START STRONG

Serve your risotto the Italian way on hot plates: set your oven to its lowest heat setting and put the plates in for 5 minutes to warm. This will keep the rice toasty, the way it's meant to be.

BUST OUT

- Baking sheet
- Small pot
- Large pan
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Sage ¼ oz | ½ oz
- Garlic 2 Cloves | 4 Cloves
- Butternut Squash 12 oz | 24 oz
- Veggie Stock Concentrate 1 | 2
- Arborio Rice ¾ Cup | 1½ Cups
- Parmesan Cheese ½ Cup | 1 Cup
- Pepitas 1 oz | 2 oz

HELLO WINE



PAIR WITH

Voilà Pays d'Oc Pinot Noir, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Halve, peel, and finely dice **onion**. Pick and finely chop enough **sage** leaves to give you 1 TBSP. Mince or grate **garlic**.



4 COOK RISOTTO

Add **rice** to pan and toss until grains are translucent, 1-2 minutes. Pour **stock** into pan ½ cup at a time, stirring after each addition. Allow rice to absorb stock before adding more. Continue until grains are al dente, 25-30 minutes—risotto should be thick but not stiff and grains should have a little bite to them.



2 ROAST SQUASH AND WARM STOCK

Toss **squash** on a baking sheet with **chopped sage**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until tender and browned, about 30 minutes, tossing halfway through. Meanwhile, bring **3 cups water** and **stock concentrate** to a gentle simmer in a small pot.



5 FINISH RISOTTO

Once risotto is done cooking, stir **squash** into pan, followed by **1 TBSP butter** and half the **Parmesan**. Season with **salt** and **pepper**.



3 COOK AROMATICS

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **onion** and cook, tossing, until softened, 5-6 minutes. Add **garlic** and cook until fragrant, about 30 seconds. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **risotto** between plates. Garnish with **pepitas** and remaining **Parmesan** and serve.

SPECTACULAR!

A warm, comforting dish like this is just the thing for fall.

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