



# Winter Risotto and Beef Meatballs

with Roasted Squash and Spinach

Family Friendly 50 Minutes



Ground Beef



Arborio Rice



Baby Spinach



Butternut Squash,  
cubes



Beef Broth  
Concentrate



Parmesan Cheese,  
shredded



Yellow Onion



Garlic Puree



Italian Seasoning



Italian Breadcrumbs

HELLO ITALIAN SEASONING

*Our blend of hearty herbs and zesty garlic!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Arborio Rice	¾ cup	1 ½ cups
Baby Spinach	56 g	113 g
Butternut Squash, cubes	170 g	340 g
Beef Broth Concentrate	2	4
Parmesan Cheese, shredded	¼ cup	½ cup
Yellow Onion	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



## Prep and roast squash

- Combine **4 ½ cups water** (5 ½ cups for 4 ppl) and **broth concentrates** in a medium pot. Cover and bring to a gentle boil over medium heat.
- Meanwhile, add **squash** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven, tossing halfway through, until tender, 20-22 min.
- Meanwhile, cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



## Form and bake meatballs

- Meanwhile, line a baking sheet with foil.
- Combine **beef**, **Italian breadcrumbs**, **Italian Seasoning** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min. \*\*



## Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp butter** (dbl for 4 ppl), then **onions**. Season with **salt**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **rice** and **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.



## Finish risotto

- When the **last cup of broth** has been absorbed and **rice** is tender and creamy, reduce heat to low.
- Add **spinach** and **half the Parmesan**. Stir until **spinach** wilts, 3-4 min.
- Stir in **squash**.
- Season with **salt** and **pepper**, to taste.



## Cook risotto

- Add **1 cup broth** from the medium pot to the pan with **rice**. Stir until **broth** has been absorbed by **rice**.
- Continue adding **broth**, **1 cup** at a time, stirring regularly, until **liquid** is absorbed, texture is creamy and **rice** is tender, 28-30 min.



## Finish and serve

- Divide **risotto** between bowls, then top with **meatballs**.
- Sprinkle **remaining Parmesan** over top.

## Dinner Solved!