














Winter Risotto and Beef Meatballs

with Roasted Squash and Spinach

Family Friendly 45-55 Minutes



-  Ground Beef
-  Ground Turkey
-  Arborio Rice
-  Baby Spinach
-  Butternut Squash, cubes
-  Beef Broth Concentrate
-  Parmesan Cheese, shredded
-  Yellow Onion
-  Garlic Puree
-  Italian Seasoning
-  Italian Breadcrumbs

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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

2 Baking sheets, measuring spoons, aluminum foil, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	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
Unsalted 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 and golden-brown, 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, breadcrumbs, Italian Seasoning** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a foil-lined baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.



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!