

DINNERLY

Baked Squash & Kale Risotto with Parmesan



20-30min



2 Servings

Tucking into a bowl of risotto is a one way ticket to comfort city. The creamy, warming risotto, mixed with good-for-you fall favorites like butternut squash and kale, is then topped with a shower of grated Parmesan cheese. And, instead of all that stirring, you just have to bake it. Make sure that you've cleared your evening for a little relaxation, because you're gonna wanna bask in the risot...

WHAT WE SEND

- vegetable broth pkt
- butternut squash
- yellow onion
- arborio rice
- garlic clove
- 1 bunch curly kale
- ¾ oz Parmesan ⁷

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

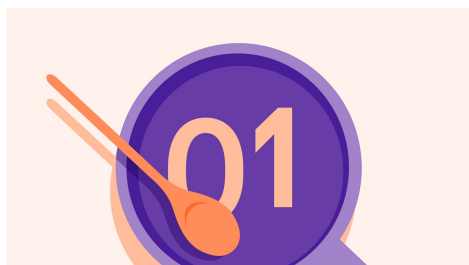
TOOLS

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 716kcal, Fat 23g, Carbs 114g, Protein 20g



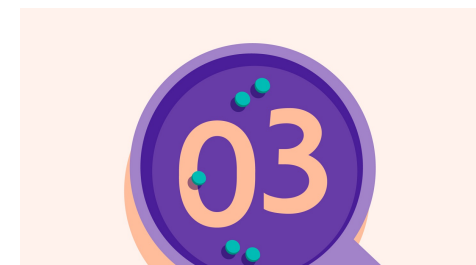
1. Prep ingredients

Preheat oven to 400°F with an oven rack in the center. Trim ends from **onion**, then halve, peel, and finely chop (about 1½ cups). Peel and finely chop **1 large garlic clove** (about 1 tablespoon). Whisk **vegetable broth concentrate** into **3½ cups water**. Strip **kale leaves** from stems, then coarsely chop leaves, discarding stems.



2. Sauté aromatics

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **onions, garlic, and 1 teaspoon salt**. Cook until softened, about 5 minutes. Meanwhile, in a large bowl, massage **kale** with **2 teaspoons oil** and **½ teaspoon salt** until wilted.



3. Toast rice

Add **rice** to pot. Cook, stirring, until lightly toasted, 2–3 minutes. Add **½ cup of the vegetable broth** to pot. Cook, stirring, until the liquid has absorbed, about 30 seconds.



4. Add squash & stock

Add **butternut squash** and **remaining stock**. Cover and bring to a boil. Uncover and stir in **kale**. Cover and transfer to center oven rack. Bake until liquid has absorbed and rice is tender, about 20 minutes.



5. Finish & serve

Meanwhile, finely grate **Parmesan**. Remove pot from oven. Stir in **half of the Parmesan** and **1 tablespoon oil**. Season with **¼ teaspoon salt** and **a few grinds of pepper**. Garnish with **remaining Parmesan**. Enjoy!



6. Make it ahead!

Prep the kale, squash, and onion and hold them separately in the fridge. Then it's just a matter of adding things to the pot, stirring, and sticking it in the oven!