

DINNERLY



ONE POT

NO ADDED GLUTEN

Baked Squash & Kale Risotto with Parmesan



20-30min



2 Servings

Tucking into a bowl of risotto is a one-way ticket to Comfort City, USA. This creamy, warming version is filled with fall favorites like butternut squash and kale, and showered with grated Parmesan. And, instead of all that well-known stirring, it's simply baked. Make sure you've cleared your evening for a little relaxation, because you're gonna want to bask in that risotto afterglow. We've got you covered!

WHAT WE SEND

- 1 medium yellow onion
- garlic (use 1 large clove)
- 1 pkt vegetable broth concentrate
- 1 bunch curly kale
- ½ lb butternut squash
- 10 oz arborio rice (use ¾ cup)
- ¾ oz piece Parmesan ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- medium Dutch oven or pot with lid
- microplane or grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 750kcal, Fat 29g, Carbs 107g, Protein 16g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Halve **onion**, then peel and finely chop (about 1½ cups). Peel and finely chop **1 teaspoon garlic**. In a liquid measuring cup, whisk together **vegetable broth concentrate** and **3½ cups water**. Strip **kale leaves** from stems, then coarsely chop leaves, discarding stems. Cut **squash** into 1-inch pieces.



2. Sauté aromatics

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



3. Toast rice

Add **¾ cup of the rice** to pot. Cook, stirring, until lightly toasted, 2–3 minutes. Add **½ cup of the vegetable broth** and cook, stirring, until liquid is absorbed, about 30 seconds.



4. Bake risotto

Add **squash** and **remaining 3 cups of the stock**. Cover and bring to a boil. Uncover and stir in **kale**. Cover and transfer to center oven rack. Bake until liquid is absorbed and rice is tender, about 20 minutes.



5. Finish & serve

Meanwhile, finely grate **Parmesan**. Remove pot from oven, then 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!