

DINNERLY



Baked Pumpkin Risotto with Parmesan & Spinach

 30-40min  2 Servings

Give 'em pumpkin to talk about this Valentine's Day. Tucking into a bowl of risotto is a one way ticket to comfort city. The creamy, warming risotto, mixed with good-for-you favorites like pumpkin and spinach, is then topped with a shower of grated Parmesan. And, instead of all that stirring, you just have to bake it. We've got you covered!

WHAT WE SEND

- 1 medium red onion
- garlic (use 2 large cloves)
- 5 oz arborio rice
- 1 can pumpkin puree
- 2 (¾ oz) pieces Parmesan ⁷
- 5 oz baby spinach

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- medium Dutch oven or pot with lid
- box grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 32g, Carbs 85g, Protein 20g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Peel and finely chop **all of the onion**. Peel and finely chop **2 teaspoons garlic**.



2. Sauté aromatics

Heat **2 tablespoons butter** in a medium Dutch oven, or other ovenproof pot with a lid, over medium-high. Add **chopped onions and garlic** and **1 teaspoon salt**. Cook until onions are softened, about 5 minutes.



3. Add arborio rice & bake

Add **arborio rice** to pot. Cook, stirring, until lightly toasted, 2–3 minutes. Add **½ cup warm water** and cook, stirring, until liquid is absorbed, about 30 seconds. Add **pumpkin puree** and **3 cups water**. Cover and bring to a boil. Transfer to center oven rack and bake until water is absorbed and rice is tender, about 20 minutes.



4. Grate cheese

Meanwhile, coarsely grate **all of the Parmesan** on the large holes of a box grater.



5. Finish & serve

Remove **risotto** from the oven, then stir in **spinach**, **half of the Parmesan**, and **1 tablespoon each of butter and oil**. Season to taste with **salt and pepper**. If risotto is too thick, stir in 1 tablespoon water at a time, as needed. Enjoy!



6. Add some greens!

This cozy bowl has us reaching for our sweatpants. If you're looking to add a little more green, go for a side salad! Toss some peppery baby arugula with sliced cherry tomatoes, a quick balsamic vinaigrette, and even some toasted pine nuts.