

## Pumpkin Risotto

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 1 hour



2 serves per portion

### Ingredients

2 cups pumpkin, cubed  
2 tablespoon extra virgin olive oil  
1 medium onion, diced  
1 garlic clove, finely diced or crushed  
1 cup arborio rice  
2 cups vegetable stock, salt reduced  
1 cup baby spinach  
½ cup peas, frozen  
¼ cup parmesan, finely grated  
Pepper to taste

### Method

**PREHEAT** oven to 200°C

**DRIZZLE** olive oil over cubed pumpkin and arrange on a large baking tray lined with baking paper. Roast in oven until tender.

**HEAT** 2 tablespoons of oil in a large saucepan. Add onion and cook until tender, about 5 minutes, then add garlic and heat through.

**STIR** in arborio rice and cook for one to two minutes.

**SLOWLY** add vegetable stock, ½ a cup at a time, stirring frequently and allowing the liquid to be absorbed before adding more stock. Continue cooking until all the stock has been added and the rice is tender.

**ADD** spinach, peas, pumpkin and parmesan and cook for a further 5 minutes, stirring frequently.

**SEASON** with pepper to taste before serving.



Everyday Food

*Recipe courtesy of Judy Fysh, Nelia Branch*