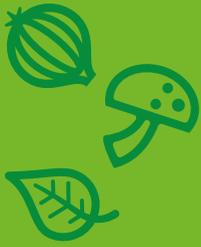




Squash Risotto



Risotto is a delicious creamy comfort food that you can make using lots of different vegetables and other ingredients. It's much easier than you might think and is always tasty and filling



Watch the how to make this dish video at growtogive.co.uk

Allergen info

- * Celery – vegetable stock cube
- * Milk – cheese, butter
- * Fish – fish

Equipment

Knife, chopping board, wooden spoon, scales, measuring jug, saucepan, ladle and baking sheet.

Ingredients

- 1 kilo (kg) pumpkin (or butternut squash)
- 300 grams (g) risotto rice, washed well
- * 1 vegetable stock cube
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- * 100g cheese
- 1 tablespoon olive oil
- * 25g butter

Optional Extras

- Chopped chives sprinkled on top at the end
- * Add other ingredients such as fish, meat, meat substitute
- If you don't have pumpkin use any other fresh veg you have to hand. You can even use a tin of mushroom soup as the base for mushroom risotto

Helpful Tips

- * This can be a main dish on its own or a side dish to some meat, fish or meat substitute
- You can use any vegetable in this dish – peas (fresh or tinned), diced courgette, leafy greens and lemon or mushroom (tin of) and cheese also make good combinations

Method

 Serves 4



1

Chop the pumpkin into similar size cubes. The seeds can be toasted for a snack and garnish for the risotto



2

Put the pumpkin on a baking sheet, drizzle with olive oil. Roast the pumpkin in the oven at 180C for around 30 mins until tender and golden



3

Dice the onion finely; fry the onion in the butter until soft. Add the finely chopped garlic



4

Make 1ltr of stock with a stock cube and boiling water



5

Stir in the rice so it is coated with butter



6

Add a ladle of stock and stir gently until the rice absorbs it. Add the next ladle and repeat until the rice is cooked. The rice should be creamy



7

Grate the cheese and stir through the risotto until melted. Turn the cooked pumpkin through the rice, adding any juices left in the baking tray.



8

Snip chives as a garnish and enjoy

