



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



**FEED
BACK**

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



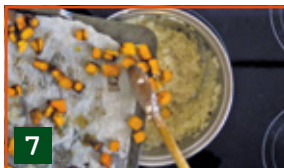
5

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

