

Pumpkin risotto

This smooth and silky pumpkin risotto will lend a taste of Italy to your traditional autumnal fayre.



Serves: 4

Time: 45 mins

Ingredients

- 1 tsp olive oil
- 1 small pumpkin, peeled, deseeded and chopped into bite-size pieces
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 225g Arborio rice
- 1 litre hot low-salt chicken/vegetable stock
- Small glass of white wine (optional)
- 25g cheddar cheese
- Grated cheddar cheese, to garnish (optional)

Method

1. Heat the olive oil in a large heavy-based saucepan, add the pumpkin, onions and garlic and fry until the onion is soft but not brown.

2. Add the rice to the pan and carry on cooking for 2 minutes, stirring all the time to coat the rice in the oil.
3. If you are using wine, add this to the rice and pumpkin mixture, and then add the stock a small amount at a time, stirring continuously. Allow the stock to be soaked up before adding more. Carry on until all the stock has been used up and the rice is cooked, it should be a rich creamy texture.
4. Stir in the cheddar cheese and serve decorated with grated cheese.

Nutritional information

Each serving provides	Amount in grams
Energy	1472 kilojoules/349 kilocalories
Fat	5.9g
Saturates	2g
Sugar	9.8g
Salt	0.2g

The information stated above is based on each serving of pumpkin risotto and includes the optional small glass of white wine but excludes the grated cheddar cheese to garnish.