

Pumpkin risotto

- **Ingredients**

- 1 tablespoon olive oil
- 400g butternut pumpkin, cut into 1cm pieces
- 1 medium brown onion, finely chopped
- 2 cups arborio rice
- 4 1/2 cups chicken or vegetable liquid stock
- 1 cup frozen peas
- 1/2 cup finely grated parmesan cheese

Method

1. Heat the oil in large saucepan over medium heat. Cook pumpkin, stirring, for 5 minutes or until golden and tender. Transfer to a plate. Cover to keep warm.
2. Put the stock in a saucepan and heat up.
3. Add onion to the saucepan. Cook, stirring, for 5 minutes or until onion has softened. Add the rice cook for 2 minutes then add a ladleful of stock and cook, stirring as needed to stop sticking to the bottom of the saucepan, when the liquid has completely absorbed then add another ladle for approx. 12 minutes or until rice is tender but still firm to bite and risotto is creamy.
4. Stir in pumpkin and peas. Cook for 5 minutes or until peas are heated through. Stir in cheese. Serve.

