

Pumpkin Risotto

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This simple pumpkin risotto is perfect for a quick mid-week supper. It's nutritious, delicious and is full of colour. Make this in the autumn to make the most of new season pumpkins.

Ingredients:

400g pumpkin, peeled and cubed
375g arborio rice
1.25 litres chicken stock
1 glass of white wine
4 shallots
2 cloves of garlic
250g feta cheese
50g green pesto
50g baby spinach
2 tbsp. olive oil
4 tbsp. butter
Salt and pepper

Directions:

1. Place the pumpkin onto a baking tray and roast dry in a 200C oven for half an hour until tender. Once cooked, set to one side.
2. Meanwhile, finely chop the shallots and mince the garlic clove. Heat 2 tbsp. of oil and 2 tbsp. of butter in a frying pan until foaming.
3. Fry the shallot and garlic until golden and tender, but not browned. Once they reach this stage, add the rice to the pan and fry in the oil and butter. Once the rice begins to pale at the edges, add the wine and cook until almost completely dissolved.
4. Stir the stock into the rice, a ladleful at a time, ensuring that each ladle is fully absorbed into the rice before the next one is added.
5. Once the rice is almost cooked and creamy, stir in the feta cheese, pesto and spinach. Season well and stir in the remaining 2 tbsp. of butter.
6. Fold the roasted pumpkin through the risotto and leave to cook for a few more minutes so that the pumpkin heats through.

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