

MARLEY SPOON



Roasted Pumpkin, Ricotta

and Basil Risotto



30-40min



4 Portions

Risotto is one of those quintessential winter dishes that always ticks the right boxes. This version boasts sweet roasted pumpkin and carrot and aromatic thyme, and is topped with dollops of fresh ricotta for a luscious creamy finish.

What we send

- green peas
- Massel Vegetable Stock cube
- arborio rice
- 2 garlic cloves, thyme and basil
- onion
- peeled pumpkin
- ricotta ⁷
- carrots

What you'll require

- olive oil
- sea salt and pepper
- spray oil
- water

Utensils

- baking paper
- large frypan
- medium saucepan
- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 750.0kcal, Fat 24.3g, Proteins 21.6g, Carbs 106.6g



1. Roast vegetables

Preheat oven to 220C. Line two oven trays with baking paper. Cut the **pumpkin** into 1.5cm chunks and place in a single layer on a tray. Quarter **carrots** lengthwise and cut into 1.5cm slices. Place on second tray. Generously spray with **oil** and season with **salt and pepper**. Roast vegetables for 20-25 mins until tender, tossing halfway through.



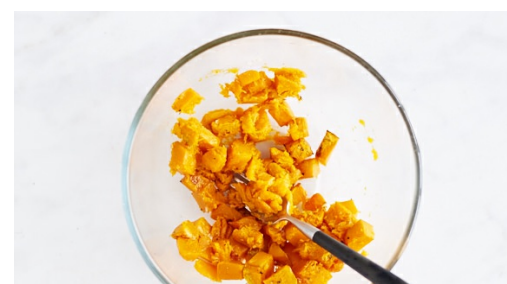
4. Cook risotto

Add the **rice** and stir for 2 mins until well coated in mixture. Add the **hot stock**, 1 cup at a time, stirring continuously and allowing the stock to be absorbed before adding the next. Repeat this process for 20-25 mins until the stock has been used, the rice is al dente and the mixture is thick.



2. Make stock

Meanwhile, bring a kettle to the boil. Pick the **thyme** leaves. Crumble the **vegetable stock** into a medium saucepan and add the **boiling water** and half the **thyme**. Cover and keep hot over low heat. Finely chop the **onion**. Crush or finely chop the **garlic**. Pick the **basil** leaves and coarsely chop, discarding the stems.



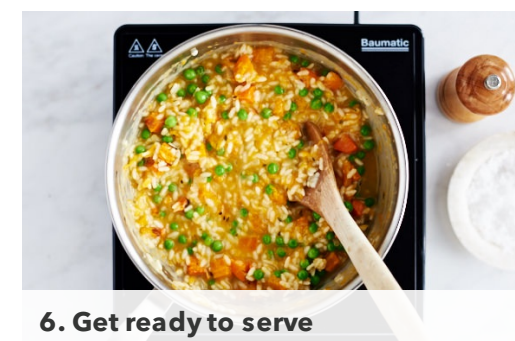
5. Mash pumpkin

Meanwhile, coarsely mash the **pumpkin**. Stir into the risotto with the roasted **carrots**, **peas** and half the **basil**.



3. Cook aromatics

Heat half the **oil** in a large deep frypan over medium heat. Cook the **onion**, **garlic** and remaining **thyme** for 5 mins or until the onion has softened.



6. Get ready to serve

Return to low heat for 1-2 mins to warm through. Season to taste with **salt and pepper**. Divide risotto among bowls and spoon over the **ricotta**. Scatter with the remaining **basil** to serve.