



## Roasted Pumpkin Risotto

with Mushroom, Goat Cheese and Sage



30-40min



2 Portions

When dinner looms and the mood's turned Italian, you know it's time for risotto. Everyone loves this creamy, rice-based dish and it's easy to cook too. Here, we've made one based on mushrooms, garlic, roast pumpkin and wilted spinach. With crisp, fried sage leaves and chunks of tangy goat cheese for even more satisfying flavour.



## What we send

- arborio rice
- massel vegetable stock cube
- Japanese pumpkin
- onion
- baby spinach leaves
- marinated goat cheese <sup>7</sup>
- sage, garlic
- mushrooms

## What you'll require

- boiling water
- butter <sup>7</sup>
- sea salt and pepper

## Utensils

- baking paper
- medium deep frypan or saucepan with lid
- oven tray
- paper towel
- tongs

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Bring the oil up to temperature before adding the sage to the pan. The sage should sizzle when added to the oil.

## Allergens

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

## Nutrition per serving

Energy 635kcal, Fat 28.9g, Carbs 70.9g, Proteins 16.3g



### 1. Prepare ingredients

**Read through the recipe.** Heat the oven to 220C, fan-forced. Finely chop the **onion**. Crush or finely chop the **garlic**. Wipe the **mushrooms** clean and thinly slice. Crumble the **stock cubes** into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



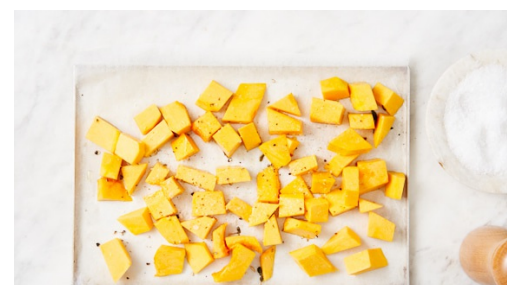
### 4. Add rice

Add the **rice** to the pan and cook, stirring constantly, for 1-2 mins until the grains are well coated in the sofrito mixture. Pour in the **stock**, cover and bring to the boil. Reduce the heat to low and cook, covered, for 20 mins or until most of the stock is absorbed and the rice is almost tender.



### 2. Fry sage

Pick the **sage** leaves, discarding the stems. Pour **1 tbs oil from the marinated goat cheese** into a medium frypan and heat over medium-high heat (see cooking tip). Cook the sage for 1-2 mins until bright green and slightly crisp. Using tongs, transfer the leaves onto paper towel, leaving the flavoured oil in the pan.



### 5. Roast pumpkin

Meanwhile, line an oven tray with baking paper. Peel the **pumpkin** and cut into 2cm chunks. Drizzle with **2 tsp of the oil from the marinated goat cheese**, season with **salt and pepper** and toss to coat. Roast for 15 mins or until golden and tender.



### 3. Make sofrito

Add **20g butter** to the oil in the pan. Cook the **garlic** and **onion**, stirring occasionally, for 2-3 mins until softened. Add the **mushrooms**, season well with **salt and pepper** and cook for a further 3-4 mins until golden and softened.



### 6. Get ready to serve

Stir the **spinach** into the risotto, then remove from the heat and stand, covered, for 5 mins. Crumble **half the goat cheese** into the risotto, add the **pumpkin** and gently stir to combine. Divide the **risotto** among bowls. Crumble over the **remaining goat cheese** and scatter with the **sage** to serve.

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