

Webfid00191hero onepanpumpkinrisotto 332

One-Pan Pumpkin Risotto



30-40min



4 Portions

Everyone loves a beautiful risotto, but we've improved on perfection with this stunning baked version that only needs 2 minutes stirring! Rich and comforting, we've also added lots of virtuous veggies, as well as plenty of cheese for good measure.

What we send

- goat's curd ⁷
- diced pumpkin
- verjuice
- parmesan ⁷
- vegetable stock concentrate
- arborio rice
- kale
- thyme
- garlic
- shallot

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- sieve

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

Cooking tip

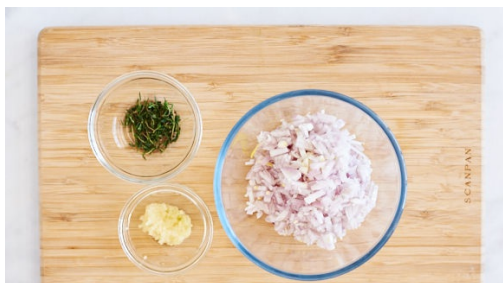
If the kids don't like the flavour of goat's cheese, reserve it for the adults' portions.

Allergens

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

Nutrition per serving

Energy 545.0kcal, Fat 17.7g, Proteins 18.2g, Carbs 75.1g



1. Chop shallot and garlic

Preheat oven to 200C. Finely chop the **shallots** and **garlic**. Pick the **thyme leaves**, discarding the woody stems.



2. Start cooking

Heat 2 tbs **oil** in a large ovenproof frypan over medium-high heat. Cook the **shallot**, stirring occasionally, for 3 mins or until soft. Add the **garlic** and **thyme** and cook for 1 min or until fragrant.



3. Prepare kale

Meanwhile, discard **kale** stems and shred leaves into 2cm strips. Bring a kettle to the boil.



4. Add rice

Rinse and drain the **rice**. Add the rice to the **onion mixture** and cook, stirring, for 3 mins or until opaque. Season with **salt and pepper**.



5. Add liquid

Add **verjuice** and cook, stirring, for 2 mins or until completely absorbed. Add the **pumpkin**, **vegetable stock concentrate** and 500ml (2 cups) boiling water. Season with **salt** and stir to combine. Bring to the boil.



6. Bake risotto

Top with the **kale** (do not stir through). Cover and bake for 20 mins or until **rice** is tender and liquid is absorbed. Meanwhile, finely grate the **parmesan**. Divide the risotto among 4 bowls and sprinkle with the parmesan and **goat's curd**.