



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PUMPKIN

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



3. PUMPKIN RISOTTO

WITH CHICKEN AND SUN-DRIED TOMATOES



20 Minutes



4 Servings

Risotto in 20 minutes? Yes! We're using a cheat's method to cook a super quick yet delicious pumpkin and tomato risotto with chicken. Finished with a crunchy salad.

FROM YOUR BOX

| | |
|--------------------|-----------------|
| ARBORIO RICE | 300g |
| LEEK | 1 |
| GARLIC CLOVES | 2 |
| DICED PUMPKIN | 1 bag (300g) |
| TOMATOES | 2 |
| SUN-DRIED TOMATOES | 1 jar |
| PRE-COOKED CHICKEN | 1 packet (250g) |
| GEM LETTUCE | 2 * |
| BOCCONCINI | 1/3 tub * |
| BASIL | 1/2 packet * |

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, chicken stock cube, balsamic vinegar (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

If you have a bit more time, you can cook the risotto the traditional way starting with sautéing the vegetables, add rice and then gradually add chicken stock until rice is tender.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 10 minutes (or until cooked al dente). Drain and rinse.



2. SAUTÉ THE LEEK

Heat a large pan with **oil/butter**. Slice and add leek and crushed garlic. Cook for 3-4 minutes or until softened. Stir in diced pumpkin. Chop and add fresh tomatoes and sun-dried tomatoes.



3. ADD THE CHICKEN & SIMMER

Crumble in **1 chicken stock cube** and add **1 cup water**. Simmer, covered, for 5 minutes, add chicken and simmer for further 3-4 minutes.



4. PREPARE THE LETTUCE

Trim and quarter gem lettuce. Arrange in a serving bowl and drizzle with **olive oil and balsamic vinegar** (optional).



5. TOSS IN THE RICE

Add rice and roughly chopped bocconcini to pan and stir to combine well. Season with **salt and pepper** to taste, take off heat.



6. FINISH AND PLATE

Serve risotto with dressed salad, topped with basil leaves.