

**Product Spotlight:  
Peptia Seeds**

Pepitas are the edible seeds of a pumpkin and are a good source of protein!



## Buckwheat Risotto

### with Roast Pumpkin and Crispy Sage

A creamy buckwheat risotto made delicious with Noshing Naturally's almond cheddar, nutmeg roasted pumpkin, crispy sage and pepita seeds.



30 minutes



4 servings



Plant-Based

24 March 2023

## Change it up!

Roast the pumpkin in bigger slices and serve on the side of the risotto if preferred. If you're not a fan of ground nutmeg, try ground cinnamon or a dried herb to flavour the pumpkin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	16g	64g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SPRING ONIONS	1 bunch
ZUCCHINI	1
BUCKWHEAT	200g
SAGE	1 packet
PEPITA SEEDS	1 packet
ALMOND MILK CHEDDAR	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground nutmeg, 1 stock cube (of choice), dried oregano

## KEY UTENSILS

large frypan, oven tray, small frypan, kettle

## NOTES

The oven is set to 250°C to caramelize and cook the pumpkin quickly. If yours doesn't reach that high, roast the pumpkin at 220°C and adjust the time if needed.

You can grate the zucchini if preferred.



### 1. ROAST THE PUMPKIN

Set oven to 250°C (see notes).

Dice pumpkin (2–3cm). Toss on a lined oven tray with **1 tsp ground nutmeg, oil, salt and pepper**. Roast for 15–20 minutes until golden.



### 2. SAUTÉ THE VEGETABLES

Boil the kettle (**1L water**).

Heat a large frypan over medium–high heat with **olive oil**. Slice spring onions and dice zucchini (see notes). Add to pan along with **2 tsp oregano**. Cook until softened.



### 3. SIMMER THE BUCKWHEAT

Add buckwheat and crumbled **stock cube** to pan. Pour in **2 cups hot water**. Bring to a simmer for 15 minutes. Stir in another **1 cup hot water**, cook until buckwheat is tender (see step 5).



### 4. CRISP THE SAGE

Meanwhile, heat a frypan over medium–high heat with **1 tbsp olive oil**. Add sage leaves and pepita seeds. Cook, stirring, for 3–4 minutes until crispy. Season with **salt**. Take off heat.



### 5. ADD CHEESE & PUMPKIN

Grate cheddar. Stir through risotto along with cooked pumpkin. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide risotto among shallow bowls. Top with sage leaves and pepita seeds. Drizzle with **olive oil**.



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