

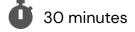




# **Buckwheat Risotto**

# 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.







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.

TOTAL FAT CARBOHYDRATES

13g

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 caramelise 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 mediumhigh 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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