



Product Spotlight: Arborio Rice

When making risotto, use round, medium or short-grain white rice. These varieties absorb liquids and release starch better, making them stickier than long-grain varieties.




Pumpkin and Sage Risotto

with Grilled Greens

This pumpkin and sage risotto is a crowd-pleasing classic! We serve our version with green vegetables tossed in garlic and grilled, crispy sage, labneh and crunchy seeds.

 30 minutes

 2 servings

 Vegetarian

9 June 2023

Roast it!

For extra flavour, roast the pumpkin with sage leaves until golden, then add to the risotto.

Per serve: **PROTEIN** 21g **TOTAL FAT** 31g **CARBOHYDRATES** 114g

FROM YOUR BOX

SAGE	1 packet
BROWN ONION	1
BUTTERNUT PUMPKIN	1
ARBORIO RICE	150g
VEGETABLE STOCK PASTE	1 jar
GREEN BEANS	150g
COURGETTES	2
LABNEH	1 tub
SUNFLOWER AND PEPITA SEED MIX	40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove

KEY UTENSILS

large frypan, griddle pan (see notes)

NOTES

Line plate with paper towel or a clean towel.

Add pumpkin to taste. Any leftover pumpkin can be roasted or used in soup.

You can grill the greens on the BBQ or sauté them in a frypan if you do not have a griddle pan.



1. COOK THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add sage leaves and cook for 1–2 minutes until crispy. Remove to a lined plate (see notes). Dice onion and add to pan. Sauté for 5 minutes until it begins to soften.



2. ADD THE PUMPKIN

Meanwhile, peel and dice pumpkin (see notes) into 3cm cubes. Add to pan and cook, covered, for 3 minutes. Add rice and sauté for 1 minute.



3. SIMMER THE RISOTTO

Add stock paste to pan and pour in **1 1/2 cups water**. Bring to a boil, stir, and reduce heat to low. Cook, covered, for 15–18 minutes, stirring occasionally, until liquid is reduced and rice is tender.



4. GRILL THE GREENS

Trim and halve green beans and slice courgettes. Crush **garlic clove**. Add to a bowl as you go along with **1 tbsp oil, salt and pepper**. Toss to combine. Heat a griddle pan over medium high heat. Add courgettes and cook for 1 minute. Add green beans and cook for a further 2 minutes.



5. FINISH AND SERVE

Season risotto to taste with **salt and pepper**.

Dollop labneh over risotto. Sprinkle over seed mix and garnish with crispy sage. Serve tableside with grilled greens.



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