



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



4 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	TOTAL FAT	CARBOHYDRATES
	19g	31g	98g

FROM YOUR BOX

SAGE	1 packet
BROWN ONION	1
BUTTERNUT PUMPKIN	1
ARBORIO RICE	300g
VEGETABLE STOCK PASTE	2 jars
GREEN BEANS	250g
BROCCOLI	1
LABNEH	1 tub
SUNFLOWER AND PEPITA SEED MIX	80g

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.

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 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 **3 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 cut broccoli into florets. Crush **garlic clove**. Add to a bowl as you go along with **1 1/2 tbsp oil, salt and pepper**. Toss to combine. Heat a griddle pan over medium high heat. Add broccoli and cook for 2 minutes. 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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