

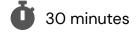




Pumpkin and Sage Risotto

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.





4 servings



Roast it!

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

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 11/2 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.





