



**Product Spotlight:
Pepitas**

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 pepitas.

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.



30 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	22g	39g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SPRING ONIONS	1 bunch
ZUCCHINI	1
BUCKWHEAT	100g
SAGE	1 packet
PEPITAS	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 caramalise 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 roast half of the pumpkin for this dish and keep half for another meal.

You can grate the zucchini if preferred.



1. ROAST THE PUMPKIN

Set oven to 250°C (see notes).

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



2. SAUTÉ THE VEGETABLES

Boil the kettle.

Heat a large frypan over medium-high heat with **olive oil**. Slice **spring onions** and dice **zucchini** (see notes). Add to pan along with **1 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 **1/4 cup hot water** if needed, 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 **pepitas**. Cook, stirring, for 3-4 minutes until crispy. Season with **salt**. Take off heat.



5. ADD CHEESE & PUMPKIN

Grate **cheddar** (use to taste). Stir through **buckwheat** along with cooked **pumpkin**. Season with **salt and pepper**.



6. FINISH AND SERVE

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



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