



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.



30 minutes



2 servings



Plant-Based

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.

Per serve: **PROTEIN** 18g **TOTAL FAT** 25g **CARBOHYDRATES** 70g

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 caramelize 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 (**3 cups 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 **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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