



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 servings



Plant-Based

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	21g	17g	44g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
SPRING ONIONS	1 bunch	1 bunch
ZUCCHINI	1	2
BUCKWHEAT	200g	200g + 100g
VEG STOCK PASTE	1 small jar	1 small jar
SAGE	1 packet	1 packet
PEPITAS	1 packet	2 packets
ALMOND CHEDDAR	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground nutmeg, dried oregano

KEY UTENSILS

large frypan, oven tray, small frypan, kettle

NOTES

The oven is set to 250°C to caramelise 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 grate the zucchini if preferred.



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1. ROAST THE PUMPKIN

Set oven to 250°C (see notes) and boil the kettle.

Dice **pumpkin** (2-3cm). Toss on a lined oven tray with **1 tsp ground nutmeg, oil, salt and pepper**. Roast for 15-20 minutes until golden.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **olive oil**. Slice **spring onions** and dice **zucchini** (see notes). Add to pan along with **2 tsp oregano**. Cook until softened.

6P – use 1 tbsp dried oregano.



3. SIMMER THE BUCKWHEAT

Add **buckwheat** and **stock paste** to pan with **2 cups hot water**. Simmer for 15 minutes. Stir in another **1 cup hot water** and cook until tender (see step 5).

6P – add 3 cups water.



4. CRISP THE SAGE

Meanwhile, heat a frypan over medium-high heat with **2 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**. Stir through **buckwheat** along with cooked **pumpkin**. Season with **salt and pepper** (add a little more water if needed).



6. FINISH AND SERVE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

