



Product Spotlight: Pepitas

Pepitas are the edible seeds of a pumpkin. Crisp them in a hot pan until golden and nutty – the flavour deepens as they toast.



Buckwheat Risotto

with Roast Pumpkin and Crispy Sage

A creamy buckwheat risotto with nutmeg-roasted pumpkin, a smooth almond sauce, crispy sage and toasted pepitas.



35 minutes



4/6 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	TOTAL FAT	CARBOHYDRATES
	18g	17g	66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
ZUCCHINI	1	1
BUCKWHEAT	200g	200g + 100g
VEG STOCK PASTE	1 small jar	1 small jar
ALMOND PARMESAN MIX	2 x 40g	2 x 40g
SAGE	1 packet	2 packets
PEPITAS	40g	2 x 40g

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray, small frypan, stick mixer or blender

NOTES

You can grate the zucchini if preferred.

Almond Parmesan Mix: almond meal, nutritional yeast, garlic powder, salt



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1. ROAST THE VEGETABLES

Set oven to 220°C.

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

6P – use 1 1/2 pumpkin depending on the size. Roast over 2 trays if needed.



4. CRISP THE SAGE

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.

6P – add 3 tbsp olive oil.



2. SIMMER THE BUCKWHEAT

Rinse **buckwheat**. Add to a heated frypan with **oil** over medium–high heat. Cook for 2 minutes then stir in **stock paste** and **2 cups water**. Reduce heat and simmer, semi–covered, for 15–20 minutes, until tender.

6P – use 3 cups water.



5. ADD CHEESE & PUMPKIN

Stir prepared **nut cheese** and **roasted veggies** through **buckwheat**. Season with **salt and pepper** (add a little more water if needed to loosen the risotto).



3. PREPARE THE NUT CHEESE

Meanwhile, use a stick mixer or blender to blend the **almond parmesan mix** with **1 cup water** until smooth. Set aside.

6P – add 1 1/2 cups water.



6. FINISH AND SERVE

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

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