




Product Spotlight: Sage


Sage has anti-inflammatory properties & helps with headaches, muscle aches & rheumatism. Sage is also used in aromatherapy and may be good for your memory!



2 Buckwheat Risotto with Roast Pumpkin

Butternut pumpkin and Brussels sprouts roasted in fresh sage, served in a creamy buckwheat risotto.

 35 mins

 2 servings

 Plant-Based

2 July 2021

A splash of vino!

Risotto is often cooked with a portion of wine added to the liquid (the alcohol of which is then cooked off leaving only the flavour). Substitute 150ml of the water for white wine at step 4.

Per serve: **PROTEIN** 22g **TOTAL FAT** 3g **CARBOHYDRATES** 22g

FROM YOUR BOX

BRUSSELS SPROUTS	150g
BUTTERNUT PUMPKIN	1/2 *
SAGE	1 packet
BROWN ONION	1/2 *
BUCKWHEAT	100g
LEMON	1 (to taste)
SNOW PEAS	1/2 bag (75g) *
MACADAMIA+HEMP CHEESE	1 tbsp *
SEED MIX	20g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, maple syrup (or sweetener of choice), 1 stock cube

KEY UTENSILS

large deep frypan, oven tray, kettle

NOTES

Serve with extra wedges of lemon if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve Brussels sprouts, dice pumpkin and chop sage. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15-20 minutes until golden and tender.



2. SAUTÉ BUCKWHEAT

Boil the kettle.

Heat a large deep frypan over medium-high heat with **oil**. Slice onion and add to pan with buckwheat. Sauté for 3-4 minutes.



3. SIMMER RISOTTO

Pour **250ml hot water** into the buckwheat along with **stock cube**. Bring to a simmer for 10-12 minutes then add another **250ml hot water**, simmer until buckwheat becomes tender.



4. ADD THE PUMPKIN

Drizzle **2 tsp maple syrup** over roasted pumpkin.

Zest and juice half the lemon, slice the snow peas, add to risotto with macadamia and hemp cheese, and roasted pumpkin, stir through to combine. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Spoon even amounts of risotto into bowls, top with roasted Brussels sprouts and sprinkle over seed mix (see notes).

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

