



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

 4 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** 11g **TOTAL FAT** 4g **CARBOHYDRATES** 51g

FROM YOUR BOX

BRUSSELS SPROUTS	300g
BUTTERNUT PUMPKIN	1
SAGE	1 packet
BROWN ONION	1/2 *
BUCKWHEAT	200g
LEMON	1
SNOW PEAS	1/2 bag (125g) *
MACADAMIA+HEMP CHEESE	2 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

Feel free to leave the skin on the pumpkin, this will save you time and give you extra flavour.

We recommend putting the maple syrup on after roasting the vegetables as it can sometimes burn the vegetables in the oven before they are fully cooked.



1. ROAST THE VEGETABLES

Set oven to 220°C.

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



4. ADD THE PUMPKIN

Drizzle **1 tbsp maple syrup** over roasted pumpkin (see notes).

Zest and juice 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.



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 **300ml hot water** into buckwheat along with **stock cube**. Bring to a simmer for 10–12 minutes then add another **300ml hot water**, simmer until buckwheat becomes tender.



5. FINISH AND PLATE

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

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**

