



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PUMPKIN

Pumpkin is incredibly versatile; add it to soups and stews, roast it or fry it! It brings a sweet flavour to your dishes that perfectly balances savoury elements — like the prosciutto in this easy risotto.



4. RISOTTO

WITH ROASTED PUMPKIN AND PROSCIUTTO



35 Minutes



4 Servings

Risotto may sound like too much of a hassle, but don't worry; this version with prosciutto and pumpkin is easy, quick, and most importantly: incredibly tasty!

FROM YOUR BOX

CHERRY TOMATOES	1 bag (200g)
RED CAPSICUM	1
DICED PUMPKIN	1 bag (500g)
CHICKEN STOCK PASTE	1 small jar
LEEK	1
THYME	1/2 packet *
ARBORIO RICE	300g
PEPITAS	1 packet (40g)
PROSCIUTTO	1 packet (100g)
SLICED CHEDDAR CHEESE	4 slices *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried rosemary

KEY UTENSILS

oven tray, saucepan, 2 frypans

NOTES

Add 1-2 crushed garlic cloves for extra flavour. Reserve some thyme leaves for garnish if you like.

Add pepitas and prosciutto to oven tray for the last 5 minutes of cooking if preferred!

For a richer dish, add 1-2 tbsp butter with the cheese.

No pork option - prosciutto is replaced with sliced turkey. Slice and add to risotto at the end of step 2.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve cherry tomatoes and roughly chop capsicum. Toss with pumpkin, **1 tsp rosemary, oil, salt and pepper** on a lined oven tray. Cook for 15-20 minutes until tender.



4. PREPARE THE TOPPINGS

In the meantime, toast pepitas in a dry frypan. Set aside and add prosciutto. Cook until crispy (see notes).



2. HEAT THE STOCK & COOK THE LEEK

Heat **1.2 litres water** in a saucepan with the stock paste.

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice and add leek (see notes) and thyme leaves. Cook until softened.



3. COOK THE RISOTTO

Add rice to the pan and stir to coat. Add 1 cup stock, cook over medium heat until absorbed, stirring frequently. Continue adding stock until all liquid has been absorbed and rice is cooked (about 20 minutes).



5. FINISH THE RISOTTO

Chop cheese slices and stir through risotto along with the roasted vegetables (see notes). Season with **pepper** to taste.



6. FINISH AND PLATE

Serve risotto in bowls and top with prosciutto, pepitas and any reserved thyme leaves.