



Product Spotlight: Sage

Sage is a lovely aromatic herb that pairs well with warm, nutty flavours, which makes it a great addition to this dish because it goes well with pumpkin!



Cheesy Pumpkin Risotto with Sage Fish

Comforting and delicious! This pumpkin risotto is finished with parmesan cheese and served alongside tender fish fillets seasoned with fresh sage.



30 minutes



2 servings



Fish

7 July 2023

Jazz it up!

You can serve this dish with lemon wedges or some toasted flaked almonds to garnish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	8g	89g

FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
BUTTERNUT PUMPKIN	1
ARBORIO RICE	150g
SAGE	1 packet
WHITE FISH FILLETS	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 chicken stock cube, dried oregano

KEY UTENSILS

large frypan with lid, frypan, kettle (optional)

NOTES

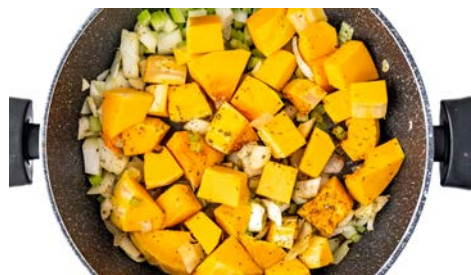
You can use liquid stock instead of a stock cube if you have some. Add to a saucepan and bring to a simmer before adding to the rice in step 2.

Use the pumpkin to taste. We recommend half for a 2 person serve.

Stir the risotto occasionally as it cooks to prevent the rice from sticking.



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1. SAUTÉ THE VEGETABLES

Boil **1L water** in kettle (see notes).

Dice onion and celery. Peel and dice pumpkin, (2cm). Heat a frypan over medium-high heat with **oil**. Add vegetables to pan along with **1 tsp oregano**. Cook for 5 minutes until softened.



4. FINISH THE RISOTTO

Stir 1/4 packet parmesan and remaining sage through risotto along with **1/4 cup boiled water**. Season with **salt and pepper** to taste.



2. SIMMER THE RICE

Crumble in **1/2 stock cube** and stir in rice. Add **2 1/2 cups boiled water**. Cover and simmer, for 15-20 minutes until rice is tender and all the water has absorbed (see notes). Add more water if needed.



5. FINISH AND SERVE

Serve fish with risotto. Garnish with parmesan cheese to taste.



3. COOK THE FISH

Meanwhile, slice sage leaves. Coat fish with 1/2 sage, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 3-4 minutes each side or until cooked through. Set aside.

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**

