



### 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



4 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
	38g	10g	87g

## FROM YOUR BOX

BROWN ONION	1
CELERY STALKS	2
BUTTERNUT PUMPKIN	1
ARBORIO RICE	300g
SAGE	1 packet
WHITE FISH FILLETS	2 packets
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.

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



### 1. SAUTÉ THE VEGETABLES

Boil **1.5L 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 **2 tsp oregano**. Cook for 5 minutes until softened.



### 2. SIMMER THE RICE

Crumble in **stock cube** and stir in rice. Add **1L 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.



### 3. COOK THE FISH

Meanwhile, slice sage leaves. Coat fish with 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.



### 4. FINISH THE RISOTTO

Stir 1/2 packet parmesan through risotto along with **1/2 cup boiled water**. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

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



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