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.

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.

🕑 35 mins   🍴 2 servings   🥗 Vegetarian

2 July 2021

Per serve:

	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	3g	22g

FROM YOUR BOX

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

Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, honey, 1 stock cube

KEY UTENSILS

oven tray, large deep frypan, kettle

NOTES

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

Serve with extra wedges of lemon if desired.

Protein upsize – protein upsize for this dish is smoked chicken breast. Shred the chicken and stir through the risotto to warm.

1. ROAST THE VEGETABLES

Set oven to 220ºC.

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.

2. SAUTÉ BUCKWHEAT

Boil the kettle.

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

3. SIMMER RISOTTO

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

4. ADD THE PUMPKIN

Drizzle **1 tsp honey** over roasted pumpkin.

Zest and juice half lemon, slice the snow peas, add to risotto with cream cheese and cooked 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).

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