

# Butternut Squash Risotto

Cook Time: 40 mins



## Ingredients & Preparation

- **Butternut Squash** - peel, de-seed & chop approx. 400g into small 1cm pieces
- **Leek** – wash, top & tail and cut into 1cm slices
- **Risotto Rice**
- **Garlic** - finely sliced
- **Fresh sage** – wash & roughly chop (discard the stems)
- **Vegetarian Hard Cheese** – finely grated
- **Vegetable Stock Cube** – dissolved in 800ml of hot water
- **Pumpkin seeds**
- **Turmeric Powder**



## Cooking Instructions

1. On a medium heat add 2 tbsp of **oil** to a large frying pan, add the **butternut squash** and cook for 8 minutes. Next add the **leek, sage, garlic & turmeric powder** and cook for a further 5 minutes, stirring regularly or until the squash is softened.
2. Add **the risotto rice** to the frying pan then add a ladle of **vegetable stock**.
3. Bring the stock in the frying pan to a simmer and gently stir. As the stock evaporates add another ladle and bring back to a simmer. Repeat this process until all the stock has been added and rice has cooked for 30-35 mins. Don't allow the frying pan to boil dry, as the rice will stick, keep adding a little more water as required until cooked.
4. Next stir in  $\frac{3}{4}$  of the **grated hard cheese**, leave some back for serving.
5. Heat a dry frying pan on 'medium-high' and toast the **pumpkin seeds** for 2-3 mins.
6. To serve, spoon the risotto into bowls and top with the remaining grated cheese & toasted pumpkin seeds.



## Nutritional Information

### Nutrition information typical values

Nutrient:	per 100g	per serving (424g)
Energy	567kJ / 135kcal	2406kJ / 572kcal
Fat	4.5g	19g
of which saturates	1.2g	5.3g
Carbohydrate	19g	81g
of which sugars	2.4g	10g
Protein	3.8g	16g
Salt	0.75g	3.2g

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#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat, Milk, Celery

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information  
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