



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

# PUMPKIN AND ASPARAGUS RISOTTO



PREP  
**5 min**



COOK  
**40 min**



SERVES  
**4**

## INGREDIENTS:

- > 1½ Cups Arborio Rice
- > 2 Bunches Asparagus
- > Diced Pumpkin 500g
- > 1L Vegetable Stock
- > Pecorino Cheese 150g
- > ½ Bunch Shallots
- > 2 Garlic Cloves
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 2 Tbsp Butter (Optional)

# METHOD - GET COOKING!



**1** Cut the **pumpkin** into approx. 1cm diced cubes to make the cooking quicker.

**Finely cut** the spring **onions** and **garlic**. **Slice** the **asparagus** into thin discs, leaving the tips and halving those lengthways.



**2** In a large hot casserole type dish on high heat, **add olive oil** and **cook** the **garlic, spring onion** and diced **pumpkin** for 3 mins. **Add** the **rice** and **cook** for further 2 mins.

**Add half of the stock** and **bring to the boil** stirring regularly to avoid sticking.

Turn down to medium heat and keep stirring. Once the liquids start evaporating, **add more stock** and continually **stir**. The liquid will continue to evaporate, and **add more stock** as required **until it is all absorbed**.



**3** **Add** the **grated cheese**, the **asparagus** and 2 tbsp of butter (optional). Keep stirring, **season** well and **cook** until the **rice** is tender, but still has a little bit of a bite (al dente).

**Add** another quarter of a cup of **water if necessary**. The whole cooking time for the risotto should take between 30-35 mins.



**4** **Serve** risotto hot **with grated pecorino** and **squeeze of lemon juice**.

## ABOUT YOUR LEFTOVER INGREDIENTS...

- Save remaining arborio rice to use with another one of our HFM recipes.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)