

CREATE THIS MEAL WITH... DAVE'S RECIPE BOX

# PUMPKIN AND ASPARAGUS RISOTTO





## **INGREDIENTS:**

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

- > 2 Garlic Cloves
  - > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

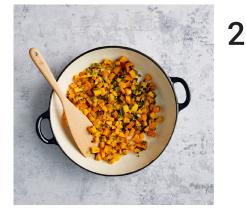
- > Olive Oil
- > 2 Tbsp Butter (Optional)

## METHOD - GET COOKING!



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

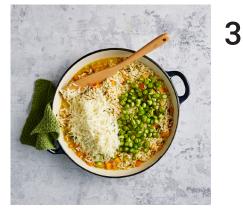
**Finely cut** the spring **onions** and **garlic**. **Slice** the **asparagus** into thin discs, leaving the tips and halving those lengthways.



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.** 



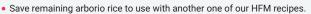
Add the grated cheese, the asparagus and 2 tbsp of butter (optional). Keep stirring, season well and cook until the rice is tender, but still has a little bit of a bite (al dente).

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



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

#### ABOUT YOUR LEFTOVER INGREDIENTS ...





#### FEEDBACK OR QUESTIONS?

Shoot us an email at: online@harrisfarm.com.au