

Moorish Pumpkin Chilli Risotto with Baby Spinach

Pop on your ugg boots, pull out your favourite blanket and be prepared to get super cosy with the ultimate Winter comfort dish. Packed full of creamy pumpkin and punchy Parmesan cheese, there is no way you won't fall in love with this risotto.



Prep: 10 mins Cook: 35 mins Total: 45 mins



level 1



one pot wonder



spicy







Boiling















Pumpkin

Vegetable Stock

Red Onion

Birdseye Chilli

Arborio Rice











Parmesan Cheese

Baby Spinach

Sunflower Seeds

2P	4P	Ingredients	
1 portion	2 portions	peeled pumpkin wedges, cut into 2 cm cubes	
1 tbs	2 tbs	olive oil *	
1 cube	2 cubes	vegetable stock, crumbled	
1 L	2 L	boiling water *	
1 tsp	2 tsp	butter *	
1/2	1	red onion, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	#
1	2	birdseye chilli, deseeded & finely chopped	
1 packet	2 packets	arborio rice	
½ block	1 block	Parmesan cheese, finely grated & extra to garnish	
1 bag	2 bags	baby spinach, washed	
1 bunch	2 bunches	parsley, finely chopped	
1 packet	2 packets	sunflower seeds	
1	2	lemon, sliced into wedges	

Ingredient features in another recipe

Pantry Items

Pre-preparation

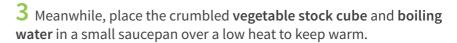
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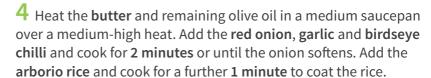
Energy	2740	Kj			
Protein	19.3	g			
Fat, total	17.9	g			
-saturated	5.3	g			
Carbohydrate	98	g			
-sugars	14	g			
Sodium	433	mg			



You will need: chef's knife, chopping board, garlic crusher, box grater, baking paper lined oven tray, small saucepan, medium saucepan, ladle and wooden spoon.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Coat the **pumpkin** with half of the **olive oil** and a generous pinch of **salt** and **pepper**. Spread the pumpkin out evenly on the prepared oven tray and cook in the oven for **30 minutes**, or until soft and golden brown.







6 To serve, divide the risotto between bowls and garnish with the parsley, sunflower seeds and extra Parmesan cheese, and serve with the lemon wedges

spinach and roasted pumpkin. Season to taste with salt and pepper.







Did you know? All rice is a member of the grass family. What differentiates arborio rice from other types is its high starch content which gives risotto that creamy texture without any actual cream.