

Pumpkin and Spinach Risotto

Bialik College Kitchen Garden Program



Ingredients:

- 500g Pumpkin, peeled and cut into 2cm cubes
- ¼ cup Olive oil
- 1 brown onion, finely diced
- 1 ½ cups (300g) Arborio rice
- 1.25L (5 cups) Vegetable or Chicken Stock
- 100g baby spinach leaves
- 40g butter, cut into cubes
- 1 cup parmesan cheese, grated
- Salt/Pepper, to taste
- Possible garnish ideas: Pumpkin seeds, pinenuts, grated parmesan

Equipment:

- Metric measuring cups, spoons and scales
- Chopping board
- Cook's knife
- Baking tray
- Grater
- Wooden spoon
- Large saucepan or pan with lid
- Medium saucepan
- Ladle

Method:

1. Preheat oven to 180C.
2. Prepare all ingredients as stated in the ingredients list above.
3. Place pumpkin on a baking tray and drizzle with 1 tablespoon of olive oil. Toss to coat and roast for 20 minutes or until tender and golden brown.
4. Bring stock to boil in a medium saucepan over medium heat. Reduce the heat to low and keep on a gentle simmer.
5. Heat ¼ cup olive oil in a large pan and cook onion until soft and translucent.
6. Add arborio rice and cook for a few minutes until all the rice is coated in the oil and onion.
7. Add warm stock to the rice, a ladle or two at a time, and stir constantly with a wooden spoon until absorbed. Continue adding stock, a ladle at a time, ensuring all the stock is absorbed before adding more stock.
8. Continue for 20 minutes or until the rice is cook and the risotto is creamy. The rice should still be slightly firm to bite = 'al dente'.
9. Gently stir in the roasted pumpkin, butter and parmesan. Stir until melted and combined. Season to taste and remove from heat.
10. Stir in the spinach leaves, cover and allow to rest for 5 minutes before serving.
11. Garnish to serve and enjoy! 😊