

Pumpkin & Thyme Risotto

Ingredients:

500gms pumpkin, peeled, seeds removed and chopped into small cubes

1 tablespoon (tbls) olive oil

2 cloves garlic, peeled and crushed in mortar & pestle

3 spring onions, chopped small

50gms butter (or Nuttlex)

2 cups Arborio rice

2 teaspoons (tsp) ground cumin

1 litre water + 2 teaspoons (tsp) stock powder mixed in

2 tablespoons (tbls) fresh thyme

2 tablespoons grated parmesan

Method:

- Preheat oven to 180 degrees. Placed chopped pumpkin on a baking tray lined with baking paper, drizzle with olive oil and cook for 20 minutes to half an hr.
- Whilst pumpkin is cooking, heat up a large fry pan or wide pot with olive oil and butter. Add in garlic, spring onions, thyme and cumin. Gently fry for 1 minute. Add arborio rice and mix to coat the rice in the butter mix.
- Add ½ a cup of stock to the rice and cook until the rice has absorbed most of the liquid. Continue this process until you have used all the stock. This should take about 20 minutes. If rice is not cooked yet add extra water and cook longer.
- Gently stir in cooked pumpkin and cheese and serve into 4 bowls.