



Baked Pumpkin & Spinach Risotto

with Parmesan Cheese & Sunflower Seeds



Master the "hands off"
oven baked risotto



Pumpkin



Vegetable Stock



Red Onion



Garlic



Birdseye Chilli



Arborio Rice



Parmesan Cheese



Parsley



Baby Spinach Leaves



Sunflower Seeds

Pantry Staples



Olive Oil



Boiling Water



Hands-on: 20 mins

Ready in: 45 mins

Packed full of sweet pumpkin, punchy Parmesan cheese and fresh greens, there is no way you won't fall in love with this risotto. Our favourite part is the crunchy sunflower seeds on top!

BEFORE YOU START

You will need: **kettle, chef's knife, chopping board, oven tray lined with baking paper, large jug, garlic crusher, large ovenproof frying pan, wooden spoon and fine grater.** Let's start cooking the **Baked Pumpkin & Spinach Risotto with Parmesan Cheese & Sunflower Seeds**



1 COOK THE PUMPKIN

Preheat the oven to **200°C/180°C fan-forced**. Boil a full kettle of water. Cut the **pumpkin** into 2 cm cubes. Toss the pumpkin with **1/2** of the **olive oil** on the prepared tray, arrange in a single layer and season with **salt** and **pepper**. Roast for **30 minutes**, or until soft and golden.



4 PAN-FRY THE RISOTTO

Heat the **remaining olive oil** in a large ovenproof frying pan over a medium-high heat (if you don't have an ovenproof pan use a large frying pan to cook this step and place a baking dish in the oven to heat up to use later). Add the **red onion** and cook for **3-4 minutes**, or until softened. Stir through the **garlic** and **birdseye chilli** and cook for **1 minute**, or until fragrant. Stir through the **Arborio rice** and cook for **1 minute**. Pour in the **vegetable stock** liquid and bring to the boil for **2 minutes**, stirring regularly. Remove the pan from the heat.

TIP: No ovenproof frying pan? Transfer the contents from the frying pan to the baking dish in the oven now.



2 PREPARE THE STOCK LIQUID

Meanwhile, in a large jug, combine the **boiling water** (check the amount in the ingredients list) with the crumbled **vegetable stock** cube.



5 BAKE THE RISOTTO

+ *Cover the pan (or preheated baking dish) with a lid or aluminium foil and transfer to the oven to cook for **15-20 minutes**, or until the stock has been absorbed and the rice is 'al dente' (if the rice is a bit gluggy add a splash of hot water and stir through). Finely grate the **Parmesan cheese**. Roughly chop the **parsley** leaves. Once the stock has been absorbed, remove the pan from the oven and stir through the roasted **pumpkin**, **3/4** of the **Parmesan cheese**, **1/2** of the **parsley** and **baby spinach** leaves. Season to taste with **salt** and **pepper**.*



3 PREPARE THE VEGGIES

Finely chop the **red onion**. Peel and crush the **garlic**. Deseed and finely chop the **birdseye chilli**.

TIP: Keep the seeds in the chilli if you like heat!



6 SERVE UP

Divide the baked pumpkin and spinach risotto between plates and garnish with the remaining **Parmesan** cheese, remaining **parsley** and the **sunflower seeds**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
pumpkin	1 portion	2 portions
olive oil *	1 tbs	2 tbs
boiling water *	1 L	2 L
vegetable stock	1 cube	2 cubes
red onion ☉	½	1
garlic ☉	1 clove	2 cloves
birdseye chilli	1	2
Arborio rice	1 packet (1 cup)	2 packets (2 cups)
Parmesan cheese	1 block (50g)	2 blocks (100g)
parsley	1 bunch	2 bunches
baby spinach leaves ☉	½ bag	1 bag
sunflower seeds	1 packet (2 tbs)	2 packets (4 tbs)

*Pantry Items | ☉Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2880kJ (687Cal)	306kJ (73Cal)
Protein (g)	23.1g	2.5g
Fat, total (g)	20.5g	2.2g
- saturated (g)	7.4g	0.8g
Carbohydrate (g)	98.1g	10.4g
- sugars (g)	13.7g	1.5g
Sodium (g)	728mg	77mg

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