



# Pumpkin & Thyme Risotto




**INGREDIENTS** 1 - Pumpkin | 25g - Butter | 115g - Frozen Chopped Onion | 2 tbsp - Frozen chopped Garlic | 4 sprigs - Thyme | 285g - Risotto Rice | 1 - Pinch of Salt & Pepper | 720ml - Vegetable Stock | 212g - Pumpkin Puree | 50g - Grated Parmesan

 **Prep Time**  
10 minutes

 **Cook Time**  
25 minutes

 **Total Time**  
35 minutes

 **Servings**  
4

1 - Turn the oven onto 200°C.

2 - Peel, seeds removed and diced into small chunks - Add the pumpkin chunks to a baking tray and cover with a drizzle of oil and place in the oven for around 20- 25 minutes until soft and golden.

3 - Meanwhile, in a large ovenproof saucepan with a lid (casserole dish is good for this) add the butter and place the pan on a low-medium heat. Add in the frozen onions and garlic and cook until softened. Once soft, stir in the thyme leaves.

4 - Next add in the risotto rice and coat the rice in the butter and onions for a minute or so before adding the vegetable stock.

5 - Once stock is added add the pumpkin puree, bring to the boil and give it a good stir and cover with a lid.

6 - Pop into the oven for 16-18 minutes with the lid on.

7 - Remove from the oven and take the lid off- there may be some liquid but this will thicken as you stir it. Add in the parmesan and season well.

8 - Remove the roast pumpkin from the oven and fold through the risotto.

9 - Serve with a grating of parmesan.

10 - Ready to freeze:

Leave the risotto to cool completely before putting into reusable freezer bags and storing flat in the freezer.

Ready to eat:

Remove from the freezer and leave to defrost completely before heating through in the microwave for 3 minutes or reheating in a saucepan until piping hot. If it is a little dry add a splash of water to loosen it.

