

PASTA

STIR FRY'S SALADES

SANDWICHES

SAUCES

CASSEROLES

RISOTTOS

SOUPS

CURRIES

PIES



Roasted Pumpkin & Spinach Risotto

Prep Time: 20-15 minutes

Cooking Time: 40 minutes

Serves : 4

- 1.2kg pumpkin, peeled, cut into 2cm dice
- 2 tbsp oil
- 1 x 1 Litre pack Campbell's Real Stock - Salt Reduced Vegetable
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 1/2 cups arborio rice
- 1 1/2 cups baby spinach leaves
- 1/4 cup grated parmesan
- 1/4 cup pine nuts, toasted
- extra grated parmesan, to serve



Preheat oven to 200°C. Place pumpkin in a large roasting dish, toss through 1 tbsp oil. Bake for 20 mins or until tender.

Meanwhile, place stock in a saucepan, bring to the boil. Reduce heat to low, simmer to keep warm.

Heat remaining oil in another saucepan over medium heat. Add onion & garlic, cook for 5 mins. Add rice & stir to coat with oil.

Add 1 cup warm stock to rice. Stir constantly until stock has been absorbed. Continue adding stock 1 cup at a time, stirring after each addition until stock is absorbed. Once all stock has been added & rice is tender, stir through spinach, parmesan, pine nuts & roasted pumpkin. Serve with extra parmesan.

Quick Tip

Storing Left Over Stock - Refrigerate, at less than 4°C, any unused stock in an airtight container & use within 3 days or pour into an ice-cube tray & freeze for up to 3 months.