



Garlicky pumpkin risotto

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



880 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch basil
- ☐ 3 garlic clove roughly chopped
- ☐ 3 tbsp pinenuts toasted
- ☐ 6 servings olive oil
- ☐ 50 g parmesan finely grated
- ☐ 6 garlic clove peeled
- ☐ 1.4 l chicken stock see hot
- ☐ 85 g butter unsalted

- ☐ 400 g pumpkin unpeeled peeled seeded cut into 1cm cubes (weight)
- ☐ 2 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 400 g arborio rice
- ☐ 100 g pecorino cheese finely grated
- ☐ 50 g shallots finely chopped
- ☐ 100 g salt and pepper plain with salt and pepper
- ☐ 6 servings vegetable oil for shallow frying

Equipment

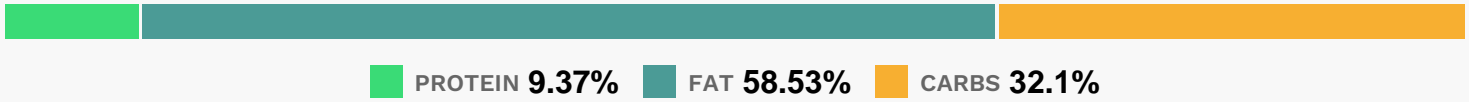
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Make the pesto. Pulse the basil, garlic and pine nuts in a food processor to a coarse paste, adding enough olive oil to produce a loose-textured pure.
- ☐ Pour into a bowl and fold in the parmesan.
- ☐ Blanch remaining garlic in boiling water for 3 mins, until slightly softened.
- ☐ Drain, return to the pan with 200ml/7fl oz of the chicken stock and half the butter. Simmer for about 15 mins until the garlic is soft and coated in the syrupy stock.
- ☐ Remove from the heat. You can do this up to 4 hrs in advance.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Toss the pumpkin cubes with the olive oil in a roasting tin, and roast for 10–15 mins until the flesh is just tender.
- ☐ Make the crispy shallots. Dust them in the flour and shake off excess.
- ☐ Heat 2cm oil in a large pan and fry until light golden brown.
- ☐ Drain and keep warm.

- ☐
- Sweat the onion in the remaining butter in a large shallow pan until soft, about 5 mins. Tip in the rice, raise the heat and toast until translucent. Lower the heat and add the remaining stock a ladleful at a time, stirring well until the stock is completely absorbed before you add the next ladleful.
- ☐
- Once the rice is al dente, fold in the 2 cheeses, garlic cloves and pumpkin and cook for 2 mins.
- ☐
- Serve with a drizzle of pesto and the shallots on top.

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:45.86, Inflammation Score:-10, Nutrition Score:28.682608666627%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 880.05kcal (44%), Fat: 57.52g (88.5%), Saturated Fat: 17.35g (108.45%), Carbohydrates: 71.01g (23.67%), Net Carbohydrates: 68.04g (24.74%), Sugar: 7.16g (7.95%), Cholesterol: 60.56mg (20.19%), Sodium: 7137.3mg (310.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.43%), Vitamin A: 6243.46IU (124.87%), Manganese: 1.37mg (68.35%), Folate: 186.47µg (46.62%), Vitamin K: 48.11µg (45.82%), Phosphorus: 389.24mg (38.92%), Vitamin E: 5.48mg (36.55%), Vitamin B3: 7.22mg (36.08%), Vitamin B1: 0.54mg (36.07%), Calcium: 323.76mg (32.38%), Selenium: 20.76µg (29.66%), Iron: 4.73mg (26.29%), Vitamin B2: 0.42mg (24.87%), Copper: 0.46mg (23.19%), Vitamin B6: 0.43mg (21.33%), Potassium: 649.48mg (18.56%), Zinc: 2.41mg (16.04%), Magnesium: 61.2mg (15.3%), Vitamin B5: 1.26mg (12.64%), Fiber: 2.97g (11.86%), Vitamin C: 9.69mg (11.74%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.34µg (2.25%)