



Pumpkin risotto

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz butternut squash- after peeling and scraping out the seeds
- ☐ 1 tbsp olive oil for the pumpkin plus a drizzle
- ☐ 2 garlic cloves
- ☐ 8 spring onion
- ☐ 25 g butter
- ☐ 200 g arborio rice
- ☐ 2 tsp ground cumin
- ☐ 1l vegetable stock hot

- ☐ 50 g parmesan grated (or vegetarian alternative)
- ☐ 1 small handful coriander roughly chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ rolling pin
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 180C/160C fan/ gas
- ☐ Chop up the pumpkin or squash into 1.5cm cubes (kids– ask for help if its slippery). Put it on a baking tray, drizzle over some oil, then roast for 30 mins.
- ☐ While the pumpkin is roasting, you can make the risotto.
- ☐ Put the garlic in a sandwich bag, then bash lightly with a rolling pin until its crushed.
- ☐ Cut up the spring onions with your scissors.
- ☐ Heat 1 tbsp oil with the butter in your pan over a medium heat not too hot.
- ☐ Add the spring onions and garlic. Once the onions are soft but not getting brown, add the rice and cumin. Stir well to coat in the buttery mix for about 1 min.
- ☐ Now add half a cup of the stock, and stir every now and then until it has all disappeared into the rice. Carry on adding and stirring in a large splash of stock at a time, until you have used up all the stock this will take about 20 mins.
- ☐ Check the rice is cooked. If it isnt, add a splash more stock, and carry on cooking for a bit. Once the rice is soft enough to eat, gently stir in the grated cheese, chopped coriander and roasted pumpkin.

Nutrition Facts



■ PROTEIN 10% ■ FAT 29.46% ■ CARBS 60.54%

Properties

Glycemic Index:75.75, Glycemic Load:33.37, Inflammation Score:-10, Nutrition Score:22.035217353831%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 374.71kcal (18.74%), Fat: 12.44g (19.13%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 53.32g (19.39%), Sugar: 5g (5.56%), Cholesterol: 21.94mg (7.31%), Sodium: 1244.5mg (54.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin A: 11649.77IU (233%), Vitamin K: 56.71µg (54.01%), Manganese: 0.82mg (41.13%), Folate: 159.48µg (39.87%), Vitamin C: 26.16mg (31.71%), Vitamin B1: 0.41mg (27.34%), Calcium: 228.64mg (22.86%), Iron: 3.99mg (22.19%), Phosphorus: 185.14mg (18.51%), Vitamin B3: 3.48mg (17.39%), Fiber: 4.17g (16.69%), Selenium: 11.34µg (16.2%), Vitamin E: 2.3mg (15.31%), Magnesium: 59.96mg (14.99%), Vitamin B6: 0.29mg (14.45%), Potassium: 495.65mg (14.16%), Vitamin B5: 1.14mg (11.37%), Copper: 0.22mg (10.79%), Zinc: 1.21mg (8.08%), Vitamin B2: 0.11mg (6.66%), Vitamin B12: 0.16µg (2.68%)