



WHATSheATE



The ultimate makeover: Risotto with squash & sage

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 700 g butternut squash
- ☐ 2 l vegetable stock (I used Kallo)
- ☐ 4 slices mushrooms dried
- ☐ 2.5 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 6 sage finely chopped (plus extra leaves to garnish)

- ☐ 2 thyme sprigs
- ☐ 350 g arborio rice (or arborio rice)
- ☐ 100 ml wine dry white
- ☐ 1 handful parsley chopped
- ☐ 50 g parmesan grated (or vegetarian alternative)
- ☐ 2 tbsp mascarpone cheese light

Equipment

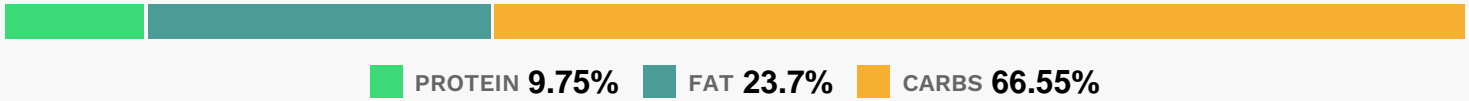
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon
- ☐ kitchen timer

Directions

- ☐ Halve the squash lengthways, then scoop out the seeds. Peel, then cut the flesh into about 2.5cm pieces.
- ☐ Pour the stock into a pan, add the porcini, then bring to a gentle simmer.
- ☐ Heat 2 tbsp of the oil in a heavy, wide pan.
- ☐ Add the onion, garlic, sage, thyme and squash, then gently fry for about 10 mins until the squash is almost tender, stirring occasionally, so it doesn't stick or burn. With the heat on medium, tip the rice into the squash. Keep stirring for 3–4 mins to toast it without colouring.
- ☐ Pour in the wine and stir everything for 1 min.
- ☐ Start to add the hot stock (leaving the porcini behind) this process should take 18–20 mins, so put a timer on if it helps. Stir in 1 ladles and adjust the heat so it simmers. Keep stirring and scraping down the sides. Once the first lot of stock has been absorbed, add another ladleful, continuing to stir to keep the risotto creamy. Continue adding and stirring in a ladleful of stock as each previous one is absorbed (it's ready for more when you drag the spoon across the bottom of the pan and it leaves a clear line).
- ☐ As the last of the stock goes in (keep a little back) check if the rice is ready it should be soft with a bit of chew in the middle and the consistency fluid. Season with pepper.

- ☐ Take the pan off the heat.
- ☐ Add a splash of the stock to keep the risotto moist, scatter over the parsley and half the Parmesan, then spoon on the mascarpone. With the lid on, let the risotto sit for 3–4 mins to rest.
- ☐ Meanwhile, heat the remaining oil in a small frying pan.
- ☐ Add the sage leaves, then fry for a few secs until starting to colour.
- ☐ Transfer to kitchen paper with a slotted spoon to drain. Spoon the risotto into bowls, then scatter over the rest of the Parmesan and the crisp sage leaves.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:59.1, Inflammation Score:-10, Nutrition Score:33.559999730276%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 627.32kcal (31.37%), Fat: 16.28g (25.04%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 102.83g (34.28%), Net Carbohydrates: 95.57g (34.75%), Sugar: 10.99g (12.21%), Cholesterol: 16mg (5.33%), Sodium: 2205.73mg (95.9%), Alcohol: 2.61g (100%), Alcohol %: 0.36% (100%), Protein: 15.07g (30.14%), Vitamin A: 19971.66IU (399.43%), Manganese: 1.4mg (70.14%), Folate: 269.42µg (67.35%), Vitamin C: 42.85mg (51.94%), Vitamin B1: 0.75mg (49.94%), Vitamin B3: 8.35mg (41.76%), Copper: 0.74mg (37.07%), Selenium: 23.79µg (33.98%), Iron: 5.74mg (31.86%), Phosphorus: 303.79mg (30.38%), Vitamin B5: 2.99mg (29.91%), Fiber: 7.26g (29.03%), Vitamin B6: 0.57mg (28.51%), Potassium: 989.7mg (28.28%), Calcium: 262.44mg (26.24%), Vitamin E: 3.83mg (25.52%), Magnesium: 98.49mg (24.62%), Vitamin B2: 0.42mg (24.48%), Vitamin K: 24.04µg (22.9%), Zinc: 2.05mg (13.65%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.2µg (1.35%)