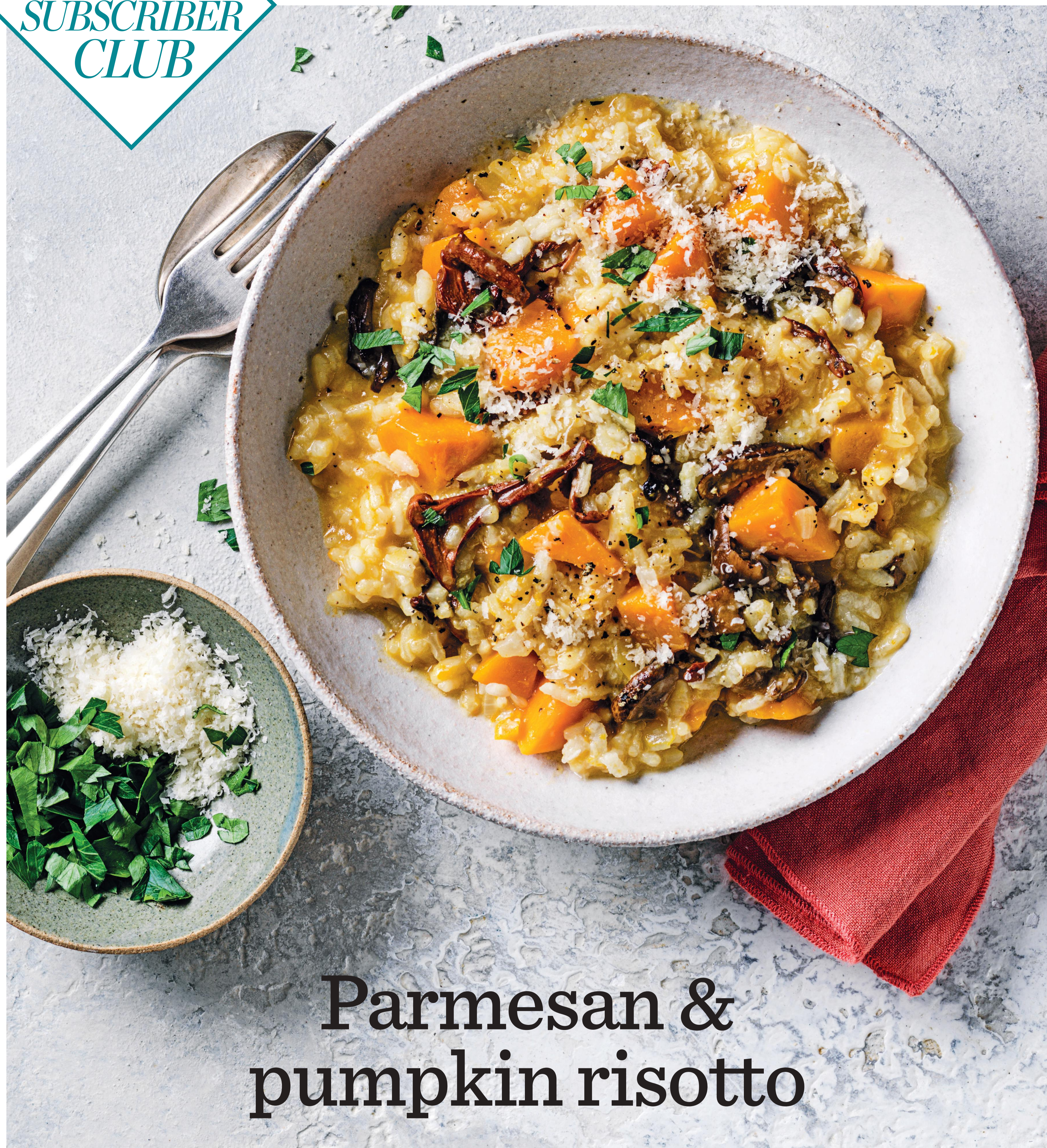




Exclusive recipe



Parmesan & pumpkin risotto

SERVES 4-6 **PREP** 20 mins plus soaking **COOK** 40 mins **EASY**

This comforting risotto pairs sweet, nutty pumpkin with umami parmesan.

25g dried mushrooms
2 tbsp olive oil
1 large onion, finely chopped
1kg pumpkin, preferably kabocha, peeled and cut into small cubes
3 garlic cloves, finely chopped
300g arborio rice

100ml vermouth
50g parmesan, finely grated, rind reserved
1.2l hot vegetable or chicken stock
small handful of parsley, finely chopped

1 Put the mushrooms in a large bowl and pour in 200ml boiling water. Leave to one side for 20-30 mins to rehydrate, then drain off any liquid. Heat the oil in a large non-stick frying pan over a medium heat. Tip in the onion and pumpkin, and season with black pepper and a pinch of salt. Gently fry, stirring occasionally, for 10 mins until slightly softened. Add the mushrooms, garlic and rice and cook for 5 mins until the rice is well coated and slightly translucent.

2 Pour in the vermouth and bring to a gentle simmer until almost evaporated. Add the parmesan rind and a ladleful of stock and allow to bubble away, stirring

continuously, until the liquid is almost absorbed. Pour in another ladleful of stock, stir again and repeat the stirring and pouring for 15-20 mins until the rice is tender – you may not need all the stock.

3 Scoop out the parmesan rind and discard. Remove the risotto from the heat and season well. Stir through most of the grated parmesan and parsley, reserving a little of each, then cover with a lid and leave to rest for 5 mins. To serve, sprinkle over the remaining parmesan and parsley.

GOOD TO KNOW low fat • low cal • 2 of 5-a-day
PER SERVING (6) 355 kcals • fat 7g • saturates 3g • carbs 53g • sugars 8g • fibre 5g • protein 13g • salt 1.3g



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Samuel Groves
MADE IN ENGLAND SINCE 1817

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