

Pumpkin, Tomato and Prawn Risotto

Serves: 4

Prep time: 20 minutes

Cook time: 50 minutes



2 serves per portion

Ingredients

2 tablespoons olive oil
2 cups Kent or butternut pumpkin, cubed
2 garlic cloves, finely diced or crushed
1 cup arborio rice
2 cups vegetable stock, salt reduced
2 cups cherry tomatoes
1 tablespoon tomato paste
16-20 green prawns, shelled and deveined
1 cup baby spinach
½ cup peas, frozen
¼ cup parmesan, finely grated
Pepper to taste

Method

HEAT a heavy based pan over medium heat and add oil once hot.

ADD garlic, reduce heat and cook until fragrant (1-2 minutes). Add arborio rice and cook for another 1-2 minutes.

HEAT stock in a separate saucepan or in microwave until hot.

ADD pumpkin, tomatoes and tomato paste and stir well.

SLOWLY add hot vegetable stock, ½ a cup at a time, stirring frequently and allowing the liquid to be absorbed before adding more stock. Continue adding stock and cooking the risotto until all the stock has been added, the rice is tender and the pumpkin has started to disintegrate.

ADD prawns, spinach, peas, and parmesan and cook for a further 5 minutes or until prawns are opaque. Stir frequently.

SEASON with pepper to taste before serving.



Everyday Food

Recipe courtesy of Country Kitchens team