

Carrot and Pumpkin Risotto

Ingredients

30g butter
3 tablespoons olive oil
2 onions diced
2 teaspoons finely chopped rosemary
400g pumpkin cut into 2cm cubes
8 carrots cut into 2cm cubes
2 Litres stock
2 cups Arborio rice
1 cup grated parmesan

Method

Bring the stock to the boil and leave simmering on a low heat

Heat the butter with the olive oil in the electric frypan. Add the onion and sauté until translucent. Add pumpkin, carrot and rosemary and continue cooking until tender. Add some stock to the cooking vegetables, stirring now and then. Then use a fork to gently break the pumpkin and carrot into smaller irregular pieces..

Add the rice to the pumpkin mixture and cook for a few minutes on a high heat, stirring frequently. Lower the heat and pour enough stock over the rice to cover it. Continue cooking for 15 minutes, adding more stock as the top of the rice becomes exposed. **Stir frequently.**

When the risotto is cooked, turn off the heat, add the parmesan and seasoning to taste. Cover and let sit for 5 minutes and then serve.