

Lazy Microwave Risotto

Gluten free, Vegetarian, Contains nuts



Serves

4-6

Cooking time



Veg per serve



2



For extra flavour,
add fresh or dried
herbs



Ingredients

- | | |
|------------------------------------|-------------------------------|
| 1 onion or leek | ½ pumpkin |
| 1 clove garlic | 1 cup fresh or frozen spinach |
| 1 teaspoon olive oil | 1 cup frozen peas |
| 3 cups hot water | 100g parmesan cheese |
| 1¼ cups risotto/ Arborio rice | ¼ cup flaked almonds* |
| 3 teaspoons vegetable stock powder | Pepper |

*Contains nuts

Equipment

- Knife
- Chopping board
- Microwave safe bowl
- Microwave
- Measuring jug
- Large spoon
- Cling wrap
- Grater
- Spoon measures
- Cup measures



Tasty learning for life



How to make it



1. Finely dice onion or leek and garlic.
Peel and cut the pumpkin into small cubes.



2. Combine onion or leek, garlic and oil in large microwave-safe bowl and microwave on high for 2 minutes or until soft.



3. Add rice, stock powder and 2 cups of hot water.
Cover with cling wrap and microwave on high for 5 minutes.



4. Add pumpkin and remaining 1 cup water, cover and microwave on high for 15 minutes. Add spinach and peas, gently stir through. Re-cover and microwave on high for a further 5 minutes.



5. Remove from microwave. Grate parmesan cheese. Stir in cheese and pepper and sprinkle almonds on top.



nom!