

Oven-baked pumpkin & thyme risotto

SERVES 4 PREP 20mins COOK 60mins

* CAN BE FROZEN MODERATELY EASY

Low saturated fat



* If you're not a big fan of mushrooms, replace them with 2 medium sliced leeks

- 450g The Co-operative fresh pumpkin, deseeded and diced
- 2 garlic cloves, crushed
- 1 large red onion (approx 210g), roughly chopped
- 1 tbsp fresh thyme sprigs
- spray oil
- black pepper
- 225g The Co-operative Italian risotto rice

- 200g chestnut mushrooms, quartered
- 1.2 litres hot stock (made from 2 low-salt vegetable stock cubes)
- 1 tbsp grated Parmesan cheese

1 Preheat the oven to 200°C/Gas 6. Put the pumpkin, garlic, onion and thyme into a 2-litre roasting tin or ovenproof dish. Spray with oil, season with black pepper and roast for 15 mins. Turn the oven down to 180°C/Gas 4.

2 Stir in the rice and mushrooms. Add the

hot stock until well combined and return to the oven for 30 mins.

3 Remove from the oven, check the seasoning, and return to the oven for 10-15 mins until all the stock has been absorbed. Scatter with Parmesan cheese and serve.

Calories 315	Fat 6.4g	Sat Fat 2.9g	Sugars 5.3g	Salt 0.6g
approx. per serving				
✓ 2 of your 5-a-day				

The **co-operative**
good with food