

Petrifying Pumpkin Risotto



Looking for a recipe to use up the pumpkin flesh that you scrape out of your Halloween pumpkin lanterns. Well here's the answer, a tasty comforting risotto dish.

Ingredients

200g (7oz) easy cook risotto rice
(Arborio)
50g (2oz) butter
1 bunch spring onions chopped
500g (16oz) grated pumpkin flesh
1 teaspoon garlic puree
4 tablespoons Soy Sauce
500ml (18froz) orange juice
2 teaspoons ground coriander
2 teaspoons mustard seeds
1 red pepper slice
500ml (16froz) water
1 tablespoon mango chutney
A little chopped parsley to sprinkle
over the top

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Preparation ~ 30 minutes

Serves ~ 4 portions

Cooking time ~ 30 minutes

Method

- 1) Soak the rice in cold water for 30 minutes then strain.
- 2) Heat the butter in a large saucepan, add the spring onions, pepper and pumpkin and cook for about 5 minutes until they start to soften.
- 3) Add the garlic, coriander, mustard seeds and cook for another minute.
- 4) Add the water and stir well. Cook simmering until all the water has been absorbed about 5 minutes.
- 5) Add the orange juice and soy sauce and mango and cooking simmering and stirring occasionally for about 15 minutes, the liquid will have been absorbed the rice will be cooked and creamy. Season to taste, serve sprinkled with a little chopped parsley. Enjoy.



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