



Pumpkin and Sausage Risotto

Prep time: 15 minutes | Serves: 4 | Cooking time: 30 minutes

INGREDIENTS

400g pumpkin (or butternut squash) flesh

300g sausages or sausagemeat
(or more is fine if your pack is bigger!)

1 tbsp olive oil

2 tbsp butter, plus another for final creaming

2 finely chopped onions

1/2 glass white wine

Salt

1 tbsp chopped rosemary

340g Arborio risotto rice

1L vegetable stock

grated parmesan

1. Chop pumpkin flesh into small cubes. Remove sausage skins and break up the meat (by hand is best!).
2. Sauté onions in 2 tbsp butter and 1 tbsp oil, add sausage meat and cook for 5 minutes. Add wine and pumpkin and cook for 5-7 minutes. Add salt and rosemary.
3. Prepare the stock.
4. When pumpkin has softened slightly, add rice and let it absorb the liquid in the pan. Then start adding the stock, bit by bit, until the rice is cooked (c. 18 mins).
5. Once cooked, stir in remaining butter and top with parmesan or a dairy free alternative.