

Pumpkin & Quinoa Risotto

INGREDIENTS

1kg pumpkin, cut into 1.5cm pieces
1 tbs olive oil
1 brown onion, diced
2 garlic cloves, minced
2 tbs thyme leaves
1 cup Macro tri-colour quinoa
1 cup salt-reduced vegetable stock
1 cup light shredded tasty cheese
1 cup shaved parmesan
120g baby spinach leaves



METHOD

Preheat oven to 200°C and line a baking tray with baking paper. Toss pumpkin in half the oil, spread on tray and season well with pepper. Bake for 30-35 minutes or until caramelised on the edges.

Meanwhile, heat remaining oil in a large, deep frying pan over medium heat. Sauté onion, garlic and thyme for 3 minutes or until almost starting to colour. Add quinoa and cook for 1-2 minutes to coat the grains. Add stock and 1 1/2 cups water, stir well to combine and reduce heat to low. Cover and simmer for 15 minutes or until quinoa is cooked. Stir through tasty cheese and half the parmesan. Season with pepper. Stir in spinach and pumpkin, reserving some of both, for 1 minute or until spinach wilts slightly.

Divide risotto between bowls, top with reserved pumpkin and spinach and remaining parmesan. Serve.