

Low FODMAP Roast Pumpkin & Thyme Risotto

Serves: 4

Prep: 20 minutes

Cook: 35 minutes



| Ingredients | Metric | Imperial |
|---|--------|----------|
| Kent/Japanese pumpkin, peeled, seeded, cut into 2cm cubes | 800 g | 28 oz |
| 3 cups Low FODMAP Vegetable Stock | 750 g | |
| 1 tbsp garlic infused olive oil | | |
| 1 tbsp fresh thyme leaves, chopped + extra for serving | | |
| Arborio Rice, uncooked | 250 g | 8.8 oz |
| 2/3 cup white wine | 160 g | |
| 1/4 cup pepitas (pumpkin seeds) | 45 g | 1.5 oz |
| Feta, crumbled | 50 g | 1.7 oz |

Method

1. Preheat the oven to 200°C. Place the pumpkin on a lined baking tray, drizzle with garlic-infused olive oil, season to taste, and roast for 25 minutes or until soft.
2. Meanwhile, add vegetable stock to a small saucepan and bring to the boil, reduce heat to low and hold at a simmer
3. Heat 1 tbsp of garlic infused olive oil over medium heat in a heavy based saucepan. Add the thyme leaves and let cook for 1 minute. Stir in the rice for 1 minute and then pour in the white wine and cook, stirring, until the wine reduces by half.
4. Add half a cup of the stock to the rice and stir with a wooden spoon until the liquid is absorbed. Keep adding the stock ½ cup at a time, stirring constantly and allow the liquid to be absorbed before adding more stock. Continue this for approximately 15 minutes
5. Add the roasted pumpkin to the mix along with any stock that is left, and cook stirring for a further 5 minutes until the rice is tender and risotto is creamy
6. Turn off the heat, cover and let stand for 5 minutes
7. Stir through the pepitas and feta before serving, divide amongst bowls and top with fresh thyme leaves.

| Nutrition Information (per serve) | |
|-----------------------------------|-------------------|
| Energy | 1938 Kj / 463 cal |
| Protein | 10.20g |
| Carbohydrates | 57.60g |
| Sugar | 9.30g |
| Total Fat | 16.20g |
| Saturated Fat | 3.20g |
| Fibre | 5.20g |