

Microwave Risotto

Serves 4-5

Ingredients

- 1 onion
- 1 clove garlic
- 1 tsp olive oil
- 1 1/4 cups Arborio rice
- 750mls Liquid Vegetable Stock
- 500g Pumpkin
- 1 cup Baby Spinach Leaves
- 100 g Parmesan grated cheese
- Salt and pepper, to taste



Method

1. Finely chop onions and garlic. Peel and chop pumpkin into 2cm cubes.
2. Combine onion, garlic and oil in a large microwave safe bowl. Microwave on HIGH for 2 mins until soft.
3. Add the rice and 500mls of stock. Cover with cling wrap and microwave on HIGH for 5 mins.

Be careful removing cling wrap - steam will be very hot!

5. Add pumpkin and remaining stock, cover. Microwave on HIGH for 15 mins.
6. Meanwhile grate the parmesan cheese (if not pre grated)
7. Add spinach to the risotto and gently stir through. Re-cover and microwave on HIGH for 5 mins.
8. Remove from microwave, and check taste. Salt and pepper as required.
9. If rice is not cooked yet, microwave for 2 min bursts until cooked. Stir in cheese and serve.

Sprinkle with your favourite nuts for extra flavour and texture (almond flakes, toasted pine-nuts or pistachios go really well)

This recipe is sourced from Live Lighter. Visit their website livelighter.com.au for more easy healthy recipes.

