

HEALTHY MICROWAVE RISOTTO RECIPE

☰ Prep: 10 mins
🕒 Cook: 30 mins
🍴 Servings: 6
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Ingredients

- ▲ 1 onion, finely chopped
- ▲ 1 clove garlic, finely chopped
- ▲ 1 tsp olive oil
- ▲ 1 1/4 cups Arborio rice
- ▲ 3 tsp reduced-salt vegetable stock powder
- ▲ 3 cups boiling water
- ▲ 1/2 pumpkin, peeled and chopped into 2cm cubes
- ▲ 1 cup baby spinach leaves
- ▲ 1 cup frozen peas
- ▲ 100 g Parmesan cheese, grated
- ▲ 1/4 cup flaked almonds, optional
- ▲ to taste pepper

Method

1. Combine onion, garlic and oil in a large microwave safe bowl. Microwave on HIGH for 2 mins until soft.
2. Add rice, stock powder and 2/3 of the hot water. Cover with cling wrap and microwave on HIGH for 5 mins. Be careful removing cling wrap - steam will be very hot!
3. Add pumpkin and remaining water, cover and microwave on HIGH for 15 mins.
4. Add spinach and peas, gently stir through. Re-cover and microwave on HIGH for 5 mins.
5. Remove from microwave, and taste. If it's not cooked yet, microwave for 2 min bursts until cooked.
6. Stir in cheese and pepper and sprinkle almonds on top.

Recipe from Foodbank WA's *Food Sensations*® for Adults program, reproduced with permission www.foodbankwa.org.au/food-sensations-for-adults/

Recipe by Food Sensations





Nutrition Information

	per serving	per 100g
Energy	1313 kJ	745 kJ
	314 Cal	178 Cal
Protein	13 g	7.4 g
Fat, total	9.2 g	5.2 g
— saturated	3.5 g	2 g
Carbohydrate	41.1 g	23.3 g
— sugars	3.6 g	2.1 g
Sodium	500 mg	283 mg
Fibre	5.8 g	3.3 g