

Roast Pumpkin & Thyme Risotto



 Serves: 4  Prep: 20 minutes  Cook: 35 minutes  [Stack Cup](#)

Adapted from www.taste.com.au, this delicious and creamy risotto is low in FODMAPs but full of flavour.

Metric

Imperial

ingredients

Kent/Japanese pumpkin, peeled, seeded, cut into 2cm cubes

800 g

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
2/3 cup white wine	160 g
1/4 cup pine nuts, toasted	45 g
Feta, crumbled	50 g

Method

Step 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.

Step 2

Meanwhile, add vegetable stock to a small saucepan and bring to the boil, reduce heat to low and hold at a simmer

Step 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.

Step 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

Step 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

Step 6

Turn off the heat, cover and let stand for 5 minutes

Step 7

Stir through the toasted pine nuts and feta before serving, divide amongst bowls and top with fresh thyme leaves.

