Pumpkin Risotto

Ingredients

2 ½ Cups Arborio Rice Vegetable Oil

3 ¾ Cups Vegetable Stock 80gm Grated Cheese

2t Salt 1t Pepper

1 ½ Onion Diced 660gm Diced Pumpkin

300gm Roast Chicken (optional)

* **Gather ingredients and read through recipe.**
* **Preheat the oven to 200 degrees centigrade.**
* **Place the diced Pumpkin onto a Baking tray and bake at 220 degrees centigrade for 10-15mins. (we want this to be nicely browned)**
* **Measure the Stock (as per instruction on the container) into a microwave safe bowl, add the salt then microwave to heat. This needs to be quite hot so use oven mitts when handling.**
* **Measure out the Rice and set aside.**
* **Preheat the Electric Frying Pan to a medium high heat, then add a small amount of Vegetable Oil, then the Onion and cook until it stars to colour.**
* **Add the Rice to the Onion and cook for about 2 minutes (you will hear the rice start to crack/pop) then add about 1/3rd of the stock to the rice and stir.**
* **Turn the Frying pan down to medium heat now and once the Stock has absorbed, add the second 3rd of the stock. (repeat this process until the stock is all absorbed)**
* **Once the stock is absorbed, turn off the heat and stir through the Cheese.**
* **Add the roasted Pumpkin to the rice and stir gently to mix through.**
* **Serve as required. (you can slice some roasted chicken and add to the risotto also)**