



Foodshare



Cooking for **Change!** PROGRAM

Risotto with Bacon



Risotto with Bacon

Ingredients: 4-6 serves

- 2 tablespoons oil
- 1 onion
- 1 clove garlic
- 2 cups Arborio rice
- 6 cups (1.75 litres) stock – or stock powder dissolved in boiling water (vegetable or chicken stock)
- 1 cup frozen peas, corn, capsicum etc
- ½ butternut pumpkin
- 6 rashers bacon
- 100g parmesan cheese
- Salt and pepper

Method:

1. Peel and finely dice onion and garlic.
2. Peel and dice pumpkin (or prepare other fresh vegetables).
3. Dice bacon.
4. Grate cheese.
5. Add stock powder to boiling water to make stock.
6. Pre-heat oven to 180 C.
7. Heat oil and gently fry onion and garlic until soft but not brown.
8. Add bacon and fry 5 mins.
9. Add rice to pan and coat with oil.
10. Add diced pumpkin, salt and pepper.
11. Add stock to the pan and bring to the boil.
12. Transfer risotto to roasting tins and stand on baking trays. Cover tightly with foil.
13. Bake 30 mins or until stock is absorbed and pumpkin is soft.
14. Stir in frozen vegetables and cook for a further 5-10 minutes or until vegetables are thoroughly heated.
15. Serve topped with grated parmesan cheese.

Optional extras

Any fresh vegetables can be used, and bacon can be omitted to make a vegetarian risotto.

Pumpkin can be roasted prior to adding to the risotto.

A tablespoon of pesto or fresh herbs can be stirred through the risotto before serving.