

Butternut Squash & Red Lentil Risotto

Ingredients

1 butternut squash 2 tbsp olive oil 1 large onion 3 cloves garlic 30g butter (or olive oil) 250g risotto rice 150g red lentils 1.5l vegetable or chicken stock (fresh, tinned, pouch, or made with low-salt stock powder/cubes) 4 tbsp parmesan 30-40g cream cheese (mini pack of 4 – one is enough) Salt and pepper to season Fresh chopped parsley or sage

Method

Roast the Squash:

Chop the butternut squash into 1cm cubes. Oil the baking tray and rub olive oil into the cubes with a grind of pepper and a pinch of salt. Roast at 200°C for 20 minutes, mixing halfway through to caramelize evenly. This can be done the day before to reduce stress.

Cook the Base:

In an ovenproof dish, melt the butter (or oil). Sauté the onion until soft, then add garlic. When fragrant, add the rice and thoroughly rinsed red lentils. Stir until the rice turns translucent.

Add the Stock:

Add ~1350ml of hot stock, bring to a boil, cover, and place in a preheated 200°C fan oven for 15–20 minutes. (Alternatively, cook traditionally by stirring on the hob.)

For hob cooking: add 450ml hot stock and stir for 5 minutes. Add another 450ml, stir 5 minutes. Add another 450ml, stir 8–10 minutes until rice is tender.

Finish the Dish:

Add roasted squash cubes, cream cheese, and additional stock if needed to achieve a loose but not sloppy consistency. Remove from heat and serve with parmesan and chopped sage or parsley.

Accompaniment:

Serve with a fresh kale salad. Massage 1 tsp olive oil per 100g kale with ½ tsp tamari or a pinch of salt per 100g. Massage until volume is reduced by about 50%.