



The Gathered Green

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BAKED PUMPKIN & KALE RISOTTO

Thank you to ovenloveblog.com for this great recipe and picture.

Ingredients

- 2 tbsp. coconut oil (or olive oil)
- ½ medium onion, diced small
- 3 garlic cloves, minced
- 1 tsp. fresh thyme leaves
- 1 ½ cups arborio rice
- rock salt and fresh cracked pepper
- ½ cup white wine
- 1 small pumpkin, peeled and diced
- 4 cups chicken broth (preferably home-made)
- 1 bunch kale, tough stems removed and cut crosswise into ½ inch thick strips
- grated parmesan, for serving





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Method

Preheat the oven to 200 degrees Celsius.

In a medium heavy ovenproof pot with lid, heat oil over medium- high.

Add onions and cook, stirring occasionally, until soft, about 3 minutes.

Add garlic and thyme and cook until fragrant, about 1 minute.

Add rice and cook, stirring frequently until opaque, about 3 minutes.

Season with salt and pepper.

Add wine and cook, stirring, until completely absorbed, about 2 minutes.

Add pumpkin and broth, bring mixture to a boil.

Stir in kale.

Cover, transfer to oven, and bake until rice is tender and most of the liquid absorbed, about 20 minutes.

To serve, sprinkle with parmesan.

Enjoy!

Jane

