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# Vegan Butternut Squash Risotto

This recipe is a tried and tested favourite amongst vegans, It's super yummy and warming in the winter months!

## What you'll need...

1 onion. 16p

2 cloves of garlic. 30p

240g of Arborio rice. £1.25

Olive oil. £1.30

Mixed dry herbs. 70p

1l of vegetable stock. 50p

125ml of dry white wine. £1.35

Handful of sage leaves. 70p

**Total:** £6.26

**Serves:** 4



# Vegan Butternut Squash Risotto



## How to do it...

1. Heat the oven to 220C/fan 200C/gas 7. Toss the squash in 1 tbsp of oil together with the chopped sage and scatter into a shallow roasting tin for 30 minutes until it is brown and soft.
2. Meanwhile, make the stock and heat it on the hob until it is just about boiling.
3. Heat the oil in a wide pan or frying pan over a medium heat.
4. Add the onions and garlic to the pan and sprinkle over a pinch of salt.
5. Sweat the onions and garlic (keep stirring to stop them from browning) until soft and translucent. This should take 4-5 minutes.
6. Add the rice to the onions and garlic and cook through for 1-2 minutes, while continuously stirring.
7. Pour in the wine and allow to evaporate while stirring.
8. Once the wine has evaporated, slowly add the stock in small amounts every few minutes (about a ladle full each time), while continuously stirring gently. If you start to run out of stock, top up the pan with water and bring back to the boil. Tip: when you move the rice slowly and can see the bottom of the pan, it's time to add more stock.
9. Add salt, pepper and herbs to your risotto.
10. After about 15-20 minutes, taste your risotto to see whether the rice is cooked and seasoned to your liking. Add more salt if required and allow a few minutes longer if the rice is too hard.
11. Stir through the roasted butternut squash and sage leaves.
12. When you are happy that your rice is cooked and risotto is well seasoned, serve and enjoy!

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