Pumpkin Risotto

Ingredients:

- 1 onion diced
- 2 tbsp olive oil
- 2 cups Arborio rice
- 3 cups butternut pumpkin, diced
- 2L vegetable stock
- 1 cup continental parsley, chopped
- 1 cup parmesan cheese, grated optional

Method:

1. In a frying pan heat the oil and add the onion. Fry until translucent.
2. Add the rice and pumpkin. Sauté for about 3-4 mins.
3. Ladle the stock in a cup at a time taking care to keep stirring. Ladle another cup in after each previous one has been absorbed until all of the stock is used.
4. Stir in the parmesan and parsley and serve.