

1. Put oil, leeks, bacon and pumpkin into a large bowl. Cover and cook on FULL POWER for 5 minutes.

2. Add boiling stock to bowl with thyme and rice. Stir together, cover and cook on FULL POWER for 15-20 minutes or until stock is absorbed and rice cooked.

3. Serve as a tasty one pot meal.

2 tbsp oil

2 Leeks, sliced and washed

6 Rashers of smoked bacon, chopped

350g Pumpkin flesh or butternut squash, chopped into chunks

½ tsp Dried thyme

250g Long grain rice

700ml stock, vegetable or chicken

'What's Cooking!' Recipe Card
ONE POT PUMPKIN

Main



FOOD FACT:

Butternut squash or pumpkin could be used for this recipe; both are an excellent source of beta – carotene and vitamin A, which are good for cancer protection, eye sight and healthy skin

Preparation time 15mins

Cooking time 20mins

Serves 4-6