

BUTTERNUT SQUASH RISOTTO**Food Fact:-**

Rice is a great energy food it also provides protein is low in fat and has most of the B vitamins.

Butternut squash is a good source of beta-carotene that helps protect against cancer and heart problems.

Preparation time 10mins

Cooking time 17mins

Serves 4-6

**BUTTERNUT SQUASH RISOTTO**INGREDIENTS

1. Cook the oil, onion and garlic on FULL power for 2 minutes.
 2. Add rice and 500ml of stock to onion mixture. Stir and cover, cook on FULL power for 5 minutes.
 3. Add cubed squash, cover and cook on FULL power for 5 minutes.
 4. Add pepper, peas and the rest of stock. Cover and cook on FULL power for 5 minutes. Until vegetables are tender. (if the risotto is too liquid, cook for a few more minutes, if too dry add some boiling water)
 5. Stir in basil and cheese and leave to stand for 2 minutes.
- 1 Onion, peeled and chopped
 1 Garlic clove, crushed
 2 Tbsp olive oil
 250gm Arborio (risotto) rice
 700ml Hot Vegetable stock
 1 Medium sized butternut squash, peeled, deseeded and cut into small cubes
 1 Red pepper, chopped
 100gm Frozen peas
 Grated parmesan cheese
 Optional:
 6 or 7 fresh basil leaves

