HEARTY & GROUNDING

Butternut Squash and Sage Risotto

PREP	COOK	SERVES
20 min	45 min	4

Vegan Vegetarian

Creamy risotto with roasted butternut squash, crisp fried sage and toasted hazelnuts, made entirely without dairy.

Ingredients

- 1 small butternut squash (about 800 g), peeled and cubed
- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 300 g risotto rice
- 1.2 litres hot vegetable stock
- Juice of 1/2 lemon
- A small bunch of sage leaves
- 40 g toasted hazelnuts, chopped
- Salt and black pepper

Method

1. Heat the oven to 200 C. Toss the squash with 2 tablespoons of oil, salt and pepper and roast for 25 minutes until tender and caramelised. Mash a third of it to a rough purée.
2. Soften the onion in 1 tablespoon of oil for 6 minutes. Add the garlic and rice and stir for 2 minutes until the rice is glossy.
3. Add the hot stock a ladle at a time, stirring often, waiting for each to be absorbed before the next. This takes about 20 minutes.
4. Stir in the squash purée and the lemon juice. Fold in the roast cubes gently.
5. Fry the sage leaves in the remaining oil for about 30 seconds until crisp.
6. Serve the risotto topped with sage and hazelnuts.

Cook's tip

Stir often but gently, and keep the stock hot. Cold stock slows the cooking and stops the rice from turning creamy.