**Pumpkin & Leek Risotto**

***topped with toasted pumpkin seeds and walnuts***

Serves: 2

Preparation time: 15 minutes

Cooking time: 40 minutes

**Ingredients**

1 small pumpkin, cut into 3cm cubes

1 tbsp olive oil

1 tsp dried thyme and dried sage

*Save the pumpkin seeds to roast*

2 leeks, finely chopped (around 220g)

2 tbsp of butter (vegan or dairy)

3 large cloves garlic, minced

1 tsp chopped fresh thyme

120g arborio rice

250ml white wine

900ml vegetable stock (we use boiling water and stock cube)

Generous pinch of salt and pepper to season

½ lemon, squeezed

Handful of chopped walnuts (optional)

**Method**

Preheat the oven to 200°C.

Chop the pumpkin, toss in the oil and herbs then roast on a tray for 40 minutes, turn over after around 30 minutes.

Prep the ingredients for the risotto, then add the leeks to a large pot with the butter and sweat down for around 5 minutes.

Add the minced garlic, continue to fry for two minutes before adding the arborio rice, fresh chopped thyme and toss until coated.

Add the white wine and allow the rice to absorb, followed by adding a ladle full of the vegetable stock at a time until each bit has been absorbed by the rice, season generously with salt and pepper.

For the final ten minutes of baking, add the pumpkin seeds to the tray of pumpkin and allow to roast.

Once the rice has fully absorbed the stock add the roasted squash to the pot, squeeze in 1/2 lemon juice, season again to taste and serve up. Top with the toasted pumpkin seeds and chopped walnuts.