**Pumpkin Risotto**
*Serves 2*

**Ingredients**
- Half a medium sized pumpkin
- Olive oil
- Salt and pepper
- 1 red onion
- 1 clove of garlic
- 150g risotto rice
- A small glass of wine white
- 1 litre of vegetable stock
- A handful of fresh basil leaves (optional)

**Method**
1. Remove the skin from the pumpkin and chop into equal sized cubes. Place in a roasting tray, coat in oil and season with salt and pepper. Roast on medium-high for around 30 minutes or until the pumpkin is soft. If it starts to burn before it is cooked through, turn the temperature down or cover with foil.
2. Place the stock in a pan and bring to the boil. Allow to simmer on low until needed.
3. Finely chop the onion and garlic. Fry in a large pan with a little oil. When the onion is soft, add the rice and fry for another minute or so. Add the wine and allow it to boil off to about half.
4. Add the stock a ladleful at a time. Each time you add stock stir well and allow a couple of minutes for it to simmer down before adding another ladleful. Taste the rice to see when it’s tender and ready to eat – you might not need all the stock, you might need a bit more.
5. Roughly chop or tear the basil and stir into the risotto. Save a couple of leaves to garnish on top.
6. Plate up the risotto, remove the pumpkin from the oven and distribute amongst the risotto. Garnish with basil and enjoy!