

Baked Risotto

Ingredients

1 ½ cup arborio rice
4 ½ cups chicken stock
40g butter
2 table olive oil
20g pine nuts
1 cup pumpkin
30ml lemon juice
8 mushrooms, sliced
1kg prawns, cooked
1 bunch spinach
250g feta
1 cup potato, chopped
chopped parmesan
salt and pepper

Directions

Place rice and stock into 22cm x 30cm (10cup capacity) covered baking or casserole dish and stir until combined.

Bake in oven at 180oc for 35-40 minutes until most of the stock is absorbed and the rice is "al dente"

In a small frypan lightly fry mushrooms in the olive oil.

Add to the risotto mixture mushrooms, prawns, lemon juice, spinach, feta, pine nuts, potato and pumpkin and cook for a further 5-10 minutes.

Add parmesan, salt and pepper and butter.

Stir until the butter is melted.

Sprinkle with parmesan, serves four.