



Winter Spinach & Pumpkin Risotto

Ingredients

1 tablespoon Butter or Olive oil
1 Clove crushed Garlic
1 medium Onion, Diced
1 cup Arborio Rice
½ cup chopped Red Capsicum
½ cup chopped Pumpkin
1½ cups of Vegetable or Chicken Stock
½ cup White Wine
1 tablespoon grated Orange Zest
1 cup Baby Spinach Leaves
Salt & Pepper to taste
1 tablespoon Parmesan Cheese

Directions

On low heat, melt butter, add onion and garlic and sauté lightly.
Add rice, stir & heat until well combined.
Add Capsicum, pumpkin, stock, wine & orange zest and stir well.
Close the lid and set to pressure 2 and increase the heat to medium.

Once the indicator rod shows the second ring, decrease the heat to the lowest setting and time for 6 minutes.

De-Pressurise the cooker, remove the lid, and add spinach, seasoning and parmesan cheese.

Ready to serve!