

BUTTERNUT & SAGE RISOTTO

RECIPE BY CLEAN PLATE

SERVES 2 ADULTS OR 4 – 6 TODDLERS



INGREDIENTS

1	small (500g)	Butternut squash
1	each	Onion, chopped
1	each	Garlic clove, crushed
½	Tbsp	Fresh sage leaves, finely chopped (or ½ tsp dried)
1	each	Onion, peeled and finely chopped
1	cup	Arborio rice
2 ½	cups	Chicken or Vegetable stock
1/3	cup	Parmesan, finely grated
1	Tbsp	Butter
		Salt and pepper, to taste
		Extra fresh sage leaves, to garnish



METHOD

1. Preheat the oven to 180° C. Cut butternut squash in half lengthwise and scoop out seeds (ours was a large butternut so, we only used the neck part). Place halves on a baking tray, sprinkle with a little salt and pepper and drizzle with 1 Tbsp of the olive oil. Rub to coat all over. Place butternut halves flesh down and bake for approximately 30 minutes, or until flesh is soft enough to mash (pierce with a knife or skewer to check). Carefully peel the skin from the butternut and mash the flesh using the back of a spoon, fork or masher.
2. Place the mashed butternut in a blender, add the stock and blend until smooth. Pour liquid into a saucepan and place it over a low heat to keep warm.
3. Meanwhile, heat the remaining 1 Tbsp olive oil in a saucepan. Add onion, garlic and sage and cook for 3-5 minutes, or until soften. Add the Arborio rice and cook for another minute, stirring.
4. Using a ladle, add about ¼ of the stock. Using a wooden spoon or spatula, gently stir, until most of the liquid has evaporated. Repeat, but this time adding one ladle at a time, until rice is cooked. If the stock is finished and you find the rice is still too 'al dente', use some hot water from the kettle.
5. To finish the risotto, add the Parmesan and butter, stirring until combined. Adjust seasoning.
6. If you wish to garnish risotto with some crispy sage leaves, warm a little olive oil in a frying pan and fry leaves until crispy (it'll only take about 20-30 seconds depending on the oil temperature). Place crispy sage leaves on kitchen paper to absorb excess oil.



To make it **Dairy Free**: Omit butter and Parmesan cheese, using a dairy-free cheese alternative

