

BROWN RICE PUMPKIN RISOTTO

INGREDIENTS

Brown rice 70g
Yellow bell pepper 30g
Pumpkin 80g
Olive oil 10ml
Garlic 5g
Cherry tomato 10g
Curry leaf 2g
Red cabbage 10g
Parmesan cheese 30g
Salt to taste
Pepper to taste

METHOD

1. Cut pumpkin and yellow bell pepper into medium dice. Marinate with salt and olive oil and cover it in a silver foil. Bake in the oven for 10 minutes.
1. Make a puree of the bell pepper and half of the pumpkin, reserve remaining half pumpkin for garnish
2. In a hot pan heat olive oil and sauté garlic, then add the brown rice and sauté till the rice gets coated with oil. Now add in the hot vegetable stock little at a time till the rice gets cooked.
3. Once the rice is cooked add the pumpkin puree and parmesan cheese. Check for seasoning and add in the red cabbage and keep aside
4. In a hot pan heat olive oil add mustard and curry leaf, then add in the cherry tomato and pumpkin cubes and season it.
5. To plate spoon out the risotto onto a plate and top it with the mustard tempered pumpkin and cherry tomato.

NUTRITION FACTS

Kcals	482
Fat	18.1g
Protein	16.g
Carbs	65.8g



RECIPE COURTESY:
THE SASSY SPOON, MUMBAI