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your
own...



Butternut Squash Risotto with Walnuts and Maple Syrup

Ingredients

Serves 4

400g Risotto rice
30g Vegetable bouillon (2 litres of liquid)
100g Flora plant butter
20g Walnuts
20g Olive oil
30g Maple syrup
600g Butternut squash
200g Onions (finely diced)
20g Garlic (finely chopped)
10g Parmesan cheese
Salt and pepper

Method

- Wash and peel the butternut squash, cutting it into small cubes. Keep any trimmings.
- Roast the butternut squash pieces with olive oil and half of the maple syrup for 20 minutes until cooked
- Keep warm
- Boil the remaining butternut squash until soft, then puree, reserving the water as part of the 2 litres of stock
- Add the bouillon to the water, bring it back to a boil, and set it aside
- Melt the butter in a large saucepan, add the onions and garlic, and cook until soft but not coloured
- Add the risotto rice and cook for 2 minutes before adding hot stock and stirring until cooked
- Add the butternut squash puree to the risotto
- Add the walnuts for the last 2 minutes of cooking
- Add Parmesan cheese if required
- Add salt and pepper to taste, and set aside
- Top the risotto with the roasted butternut squash and walnuts, finishing with the remaining maple syrup
- Serve



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