



## Ham, Pumpkin and Pea Risotto

### List of ingredients

250g pumpkin, peeled, cut into 4  
2 teaspoons olive oil  
1 clove garlic, crushed  
1 onion, chopped  
100g lean ham, cut into strips  
1 ½ cups short-grain brown rice  
850ml reduced-salt chicken stock  
1 cup frozen peas  
juice of 1 lemon  
2 tablespoons chopped fresh  
parsley

### Suggested Garden Salad

2 cups of lettuce leaves  
2 carrots chopped into matchsticks

*Feeds 4 people.*

### How to cook the dish

1. Place the pumpkin in a microwave-safe dish and cook on high (100%) for 4 minutes, until soft.
2. While pumpkin is cooking, place the olive oil in a medium saucepan over medium heat. Add the garlic and onion and cook for 2-3 minutes, until soft.
3. Add the ham strips and cook for 2 minutes.
4. Stir in the rice and cook for 1 minute.
5. Add the stock a ladle-full at a time. As each lot absorbs, add the next one, until the rice is cooked but still firm (al dente).
6. Add the peas, pumpkin, lemon juice and parsley and stir through.
7. Remove the pan from the heat, cover and set aside for 5 minutes.

Serve with a large garden salad with a dressing of your choice.