

# Artichoke, Pumpkin & Baby Pea Risotto with Goat's Cheese



R & J Mazza  
GLOBE  
ARTICHOKES

## Ingredients

3 tablespoons oil,  
1 small onion, chopped,  
2 cloves garlic, finely chopped,  
400g pumpkin, cut into 1 cm cubes,  
4 cups salt-reduced vegetable stock,  
2 cups Arborio rice,  
1/3 cup dry white wine,  
Zest of 1 lemon,  
250g artichoke hearts, sliced,  
1 cup baby peas, frozen  
1/2 cup parmesan cheese  
100g goats cheese, crumbled,  
Salt and cracked pepper, to taste,  
1/4 cup basil leaves, torn



## Method

1. Heat vegetable stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil in a pan on medium heat; add onion, pumpkin and garlic and sauté.
3. Add rice and coat well in oil mixture until rice is hot. Add wine and stir well. Add enough vegetable stock so the rice is covered in the liquid.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Keep stirring not allowing rice to stick to base of the pan.
6. When rice is almost cooked, add lemon zest, peas and artichokes. Add extra stock if necessary. Simmer until cooked.
7. Add parmesan cheese and stir well.
8. Remove from heat, season with salt and cracked pepper. Add goat's cheese and basil. Carefully mix and serve.

**Serves 6**

