

SMOKED HADDOCK, PUMPKIN & BUTTERNUT SQUASH RISOTTO



MINUTES TO PREPARE
10



MINUTES TO COOK
25



SERVES
2-4

INGREDIENTS

1/2 butternut squash, peeled, deseeded and chopped into 3cm chunk

1/2 pumpkin (I use the silver one called Crown Prince), peeled, deseeded and chopped into 3cm chunks

280g smoked haddock fillets, skin on
100ml milk

1 onion, peeled and finely diced

1/4 fennel, finely diced

100g risotto rice

2 tablespoon rapeseed oil

400ml hot stock or boiling water mixed with **1 teaspoon of vegetable bouillon**

1-3 tablespoons of hot water to loosen at the end

2 spring onions, ends removed and finely sliced

2 handfuls of flat leaf parsley, finely chopped

Juice of 1/2 a lemon

You will need a roasting tin, small saucepan and a large frying pan.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the chopped pumpkin and butternut in a roasting tin and drizzle with 1 tablespoon of rapeseed oil. Season with salt and pepper. Place in the oven for 20-25 minutes until the pumpkin and butternut are soft.
- 3 Meanwhile, place the smoked haddock in a small saucepan and pour over the milk. Bring to a slight simmer and cook for 5 minutes. Remove from the heat and set to one side.
- 4 Next, heat the second tablespoon of rapeseed oil in a large frying pan over a medium heat. Add the onion and fennel and sauté for 10 minutes until soft and translucent.
- 5 Add the risotto rice and stir well for 1 minute.
- 6 Next add a ladle of hot stock and stir. Continue stirring until all the liquid has been absorbed. Repeat this process for 20 minutes until the rice is al dente and you have used up all of the stock.
- 7 Add two ladles of hot milk and stir well. Then add the pumpkin and butternut and give the risotto a really good stir to combine the vegetables and rice. It will thicken which is okay.
- 8 Flake the smoked haddock off the skin and carefully stir it in to the risotto. Add the final ladle of hot milk and stir.
- 9 Finally add the spring onions, parsley and lemon juice. If you feel it needs loosening a little, add a tablespoon of hot water in one at a time, stirring well before each addition.

"This risotto freezes well in portions and I like to know it's there for me as an easy supper whilst Jase is travelling with work. Defrost a portion in the fridge, cover with cling film and pop it in the microwave until piping hot."