

## Squash Pea and Sage Risotto

### Ingredients

40g Butter	1 onion finely chopped
1/2 Squash diced	1 garlic clove
500ml vegetable stock	75g Arborio rice
Handful of peas	pinch of pepper
1 tsp sage	25g parmesan

### Method

**1** Peel and remove any seeds from the squash, cut into cubes. Place the squash on a baking tray with oil and roast for 30 minutes.

**2** Chop up the onion and garlic and place in a bowl. Melt the butter in a saucepan, add the onion and garlic. Gently fry until the onions are translucent and softened. Add the sage and continue to cook for a further 2 minutes.

**3** Add the rice, squash and peas to the pan and cook for a further 2 minutes. Add the stock a ladleful at a time and stir. Once all the stock is absorbed, add another ladleful. Repeat until all the stock is used up and the rice is tender. Stir through the pepper and parmesan and serve.

