



The Ethnic Communities' Council  
Love Food Hate Waste project celebrates  
the diversity of food and cultures in NSW

## Baked Pumpkin Risotto

### Ingredients:

Leftover baked pumpkin (cut into cubes)  
1 cup rice  
Baby spinach leaves  
Sprinkle sesame seeds  
1 litre vegetable stock  
1 tablespoon wholegrain mustard  
Leftover vegetables, frozen vegetables or a small tin of corn kernels (whatever you have)

### Preparation:

Place the pumpkin in a baking dish with splash of oil.  
Sprinkle curry powder over the pumpkin. Add 1 brown onion cut into rough cubes, 1 clove of crushed garlic and bake until tender. Cool and store for later in the fridge or freezer.

Heat a fry pan.  
Add oil, toss in the rice and stir well (an electric fry pan is good for this dish)  
Pour in vegetable stock a bit at time  
Allow it to simmer while stirring  
Toss in the pumpkin, baby spinach leaves and other vegetables  
Stir gently to mix together  
Sprinkle with sesame seeds and mustard  
You can also add some extra crushed garlic to taste

*Recipe shared by the Riverwood Love Food Hate Waste workshop participants*



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