
Veggie Farro Risotto

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Squash Puree:

- 300g butternut squash, cubed
- 2 garlic cloves
- 1 teaspoon dried sage
- 1 tablespoon olive oil or butter
- 3/4 cup vegetable stock
- salt, to taste

Vegetables:

- 200g butternut squash, 1/2 inch cubes
- 200g eggplant, 1/2 inch cubes
- 1 tablespoon olive oil
- Salt
- 1/2 cup asparagus

Farrotto:

- 1 1/4 cups farro, rinsed
- 3 cups vegetable stock, plus more if needed
- 1/2 teaspoon salt
- 1/4 cup parmesan cheese, grated

Garnish:

Goat cheese, toasted pumpkin seeds

Instructions:

1. To make the puree: heat oil or butter, ad squash, cloves and sage. Add stock and salt. Simmer gently covering with vented foil until squash is fork tender. Discard sage, puree until smooth. Taste for seasoning. Set aside, but keep warm.
2. To make the roasted vegetables: Toss cubed squash and eggplant in oil and salt. Place in a pre-heated oven (220C) and toast for 5-10mins until golden brown. For the asparagus simply blanch in boiling water for less than a minute and remove.
3. To make the farrotto:

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- In a large saucepan combine farro, stock and salt. Bring to low boil and cook until farro is al dente, about 15-20 mins. Drain and return farro to the pan.
 - Add the puree, and cook over medium-low and cook stirring occasionally until creamy 4-6mins, adding more stock if needed.
 - Stir in the roasted vegetables and asparagus (reserving some for garnish) and the grated parmesan.
 - Serve topped with crumbled goat cheese, reserved veggies and toasted pumpkin seeds.