Pumpkin risotto





ingredients

* 1 onion diced
* 2 tbsp olive oil
* 2 tbsp butter
* 2 cups arborio rice
* 3 cups butternut pumpkin, diced
* 2L vegetable stock
* 1 cup continental parsley, chopped
* 1 cup goats feta

method

1. In a frying pan heat the oil and butter and add the onion. Fry until translucent.
2. Add the rice and pumpkin. Saute for about 3-4 mins.
3. Ladle the stock in a cup at a time taking care to keep stirring. Ladle another cup in after each previous one has been absorbed until all of the stock is used.

Stir in the goats feta and parsley and serve.