

no fuss!

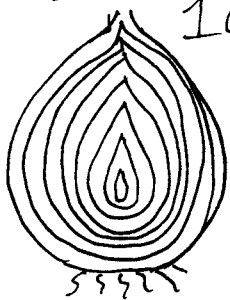
#recipeforRuchita

Arborio Rice

July 2017

with Pumpkin & Tomatoes

2.



1 onion

finely diced



3.



3 cloves garlic

crushed

4.



SMOKED PAPRIKA

1 tsp

5.



fresh rosemary

1 tbsp

1.



E.V. OLIVE OIL

2 x tbsps



LID

heat oil in pan & add 2, 3, 4, 5 & 6 all together & cook gently for approximately

10 MINS

then

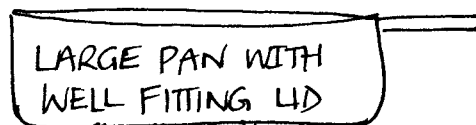
ADD...

pinch of salt

& grind of pepper



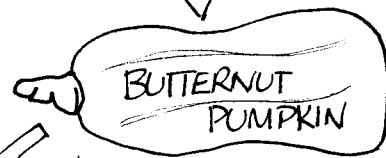
6.



LARGE PAN WITH WELL FITTING LID



LOW/MEDIUM HEAT



BUTTERNUT PUMPKIN

diced 2cm pieces



7.

10. all at once

& stir together



DICED TOMATOES IN JUICE

1 tin



2 CUPS VEGE STOCK

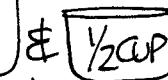
9.5



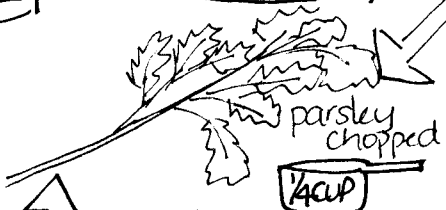
ARBORIO RICE



1 CUP



& 1/2 CUP rice is nice



parsley chopped 1/4 cup



& bring to boil

to low

cover with lid & simmer

25 MINS

12. turn heat of, leave lid on pot & let it rest for 5 mins before serving

