

# Butternut Squash and Sage Risotto

IDDSI Level 5 / 6

Dinner

Recipe source: Adapted from BBC Good Food

Time to make: 40 mins

Servings: 4

## Ingredients:

1kg butternut squash, peeled and cut into bite-sized chunks  
1 onion, finely chopped (Level 6) or diced to 4mm (Level 5)  
3 tbsp olive oil  
Fresh sage chopped **very fine**  
1.5L vegetable stock  
50g butter  
300g risotto rice  
1 small glass white wine  
50g parmesan

## Dietitian's Top Tips:

If your goal is to achieve weight gain, you can make this meal more nourishing by add extra cream, butter or cheese. This will help to increase the overall calorie content of the meal.

## Instructions:

- Heat the oven to 220C/200C fan/gas.
- Toss the squash in 1 tbsp oil then roast in on a baking tray for 30 mins until soft.
- Meanwhile, prepare the risotto. In a large pan, melt half the butter over a medium heat. Add the onions and cook for 10 mins until soft. Add the rice and stir continuously until the rice is shiny and the edges of the grain start to look transparent.
- Pour in the wine and simmer until completely evaporated. Add the stock, a ladleful at a time, and stir with the rice over a low heat for 30-35 mins, until the rice is soft.
- If rice particles have expanded too wide to comply with IDDSI level 5, gently pulse with a hand blender.
- Mash the squash to a rough purée. Stir the squash through the risotto along with the cheese, sage and remaining butter.

**Note:** Other soft risotto ideas include salmon, haddock or chicken (ensure tender, bones removed and compliant with required IDDSI level).