

# Pumpkin and Parmesan Risotto

## Raciones para 1

80 g  
Rice  
70 g  
Pumpkin  
25 g  
Butter  
10 g  
Parmesan cheese  
200 ml  
Broth  
Sage

- 1 To prepare the Risotto put the rice and the broth in a microwaveable container. Cover with film and let it cook in the microwave at medium power for 8 minutes.
- 2 Take the bowl out of the microwave, stir, add the pumpkin and let it cook for another 7 minutes.
- 3 Finally add the butter, the parmesan cheese and the sage. Add salt and pepper and the Risotto is ready. Easy, right?

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/risotto-de-calabaza-y-parmesano/>

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