

Styrian Pumpkin Seed Oil Risotto with Colourful Seasonal Vegetables



Main dish

Kind of recipe



45 Minutes

Preparation



easy

Severity



Ingredients for 4 people

400 g risotto rice
750 - 1000 hot vegetable stock
2 tblsp Styrian Pumpkin Seed Oil P.G.I.
2 tblsp Styrian pumpkin seeds
1 small onion
100 ml white wine
1 tblsp olive oil
salt, pepper, sweet paprika powder
lemon juice
400 g seasonal vegetables

Preparation

Sweat the diced onions in the olive oil until translucent, add the rice, deglaze with the white wine and add two cups of the vegetable stock. Add the finely diced seasonal vegetables and let cook on low heat.
Continue to add more hot vegetable stock as necessary, stirring the risotto constantly and continuing to cook on low heat until the rice reaches an al dente consistency. Shortly before the rice is finished cooking, chop the Styrian pumpkin seeds and add to the risotto with the Styrian Pumpkin Seed Oil P.G.I., season to taste (eventually fresh herbs can also be used to season and garnish).

**Recipe from Gemeinschaft Steirisches Kürbiskernöl
g.g.A. / Foto: Stefan Kristoferitsch**