



THIS WEEK'S TASTY RECIPE

# PUMPKIN ARANCINI

MAKES 12 SMALL OR 6 LARGE BALLS

## INGREDIENTS

4½ cups chicken stock  
2 tablespoons olive oil  
1 onion, finely chopped  
1½ cups Arborio rice  
1½ cups grated pumpkin  
½ cup finely grated parmesan cheese  
½ cup plain flour  
2 eggs, lightly whisked  
1 cup dried packaged breadcrumbs  
Vegetable oil for deep-frying  
Sweet chilli sauce and mixed leaves, to serve

## MAKE IT FRESH AT HOME

Ingredients available from T&M  
Fresh, Coles & Woolworths

## METHOD

1. Bring stock to the boil in a small saucepan on high. Reduce heat to very low and keep warm.
2. Heat oil in a saucepan on high. Saute onion for 3-4 minutes, until tender. Add rice and cook, stirring, for 2 minutes, until well coated in oil.
3. Add ½ cup hot stock and cook, stirring, until absorbed. Continue adding stock, a ladleful at a time, stirring constantly between each addition until absorbed. This will take about 25 minutes. Add pumpkin about halfway through cooking.
4. Stir in parmesan and season to taste. Chill for several hours until firm enough to handle. (Make the rice mixture a day ahead if possible.)
5. Measure quarter cupfuls of mixture and, using damp hands, roll into balls.
6. Place flour, eggs and breadcrumbs in separate dishes. Dust balls in flour, followed by egg and crumbs. Chill for 20 minutes.
7. Half fill a large saucepan with oil and heat until a few breadcrumbs sizzle as soon as they are added. Cook the balls in batches for about 1-2 minutes, turning until crisp and golden. Drain on paper towel. Keep chilled. Serve with sweet chilli sauce and mixed leaves.

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