

Low-Carb Pumpkin & Mushroom Risotto

Hands-on 30 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 13.9 g, Fiber: 3.9 g, **Net carbs: 10 g,**

Protein: 12.9 g, Fat: 24.3 g, Calories: 312 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 2 cups diced pumpkin (220 g/ 7.8 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml/ 1 fl oz)
- 800 ml [chicken stock](#), [chicken bone broth](#) or vegetable stock (about 3 1/2 cups)
- 1 1/2 garlic cloves, minced
- 1 small yellow onion (60 g/ 2.1 oz)
- florets from 1 medium cauliflower (480 g/ 17 oz)
- 1 cup mushrooms, sliced (60 g/ 2.1 oz) - *I used shiitake*
- 1 tbsp butter
- 3 tbsp cream (45 ml/ 1.5 fl oz)
- 6 sprigs of fresh thyme
- 1/4 tsp sea salt, or to taste
- 1/4 tsp cracked black pepper
- 1/4 cup [pumpkin seeds](#) (32 g/ 1.1 oz)
- 1/3 cup grated Parmesan cheese or other Italian hard cheese (30 g/ 1.1 oz)

Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted). Peel the pumpkin, remove the seeds and chop into small chunks (2 cm/ 3/4 inch). Place on a baking tray and toss with the oil and a pinch of salt. Roast in the oven for 20 minutes until soft.
2. Add the stock to a pan and simmer on a medium heat for 20 minutes until the volume reduces to about 500 ml/ 2 cups (this concentrates the stock and really adds to the flavour.)
3. Blitz the cauliflower in a [high speed food processor](#) until it resembles a rice consistency.
4. Peel and finely dice the onion. Melt 1 tablespoon of olive oil in a pan. Fry the onion on a low/ medium heat for 3 minutes until soft and translucent. Add the garlic and cauliflower rice and fry for a further 2-3 minutes.

5. Add the broth, salt, pepper, thyme and simmer on a medium heat until all the stock is absorbed.
6. Place the seeds on a baking tray and roast in the oven for 5-6 minutes until golden. Remove from the oven and allow to cool.
7. Heat the butter in a pan and fry the mushrooms on a low/ medium heat for 2-3 minutes.
8. Stir through the mushrooms, cream, pumpkin and half of the cheese. Taste and add more seasoning if required. Spoon the Pumpkin, Mushroom and Thyme Cauliflower Rice Risotto into bowls and top with pumpkin seeds, the remaining cheese and a sprinkling of fresh thyme leaves. To store, refrigerate for up to 5 days.

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