

**Nourish your soul with
MOOD BOOSTING INGREDIENTS**

REFRESH

MIND, BODY & SOUL

DECEMBER

CHESTNUT MUSHROOM, PUMPKIN AND SPINACH RISOTTO

SERVES  Ten

SAFFRON RECIPE CODE R07173

INGREDIENTS

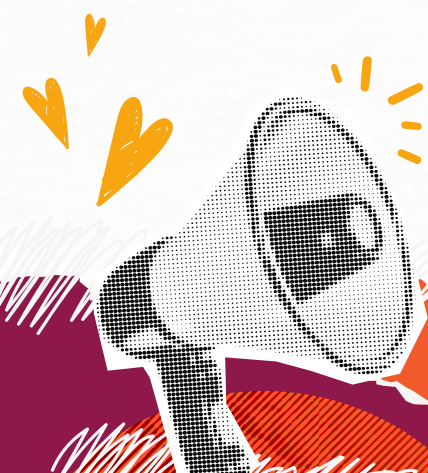
- 1kg risotto rice
- 500g sliced chestnut mushrooms
- 250g onion (Peeled & Finely Chopped)
- 500g diced pumpkin
- 250g spinach (Washed & Drained)
- 10g vegetable Bouillon mix
- ½ tsp salt
- ½ tsp ground black pepper
- 100g grated parmesan style cheese
- 1 garlic clove (Finely Chopped)
- 50g margarine
- 1tsp dried thyme
- 35ml olive oil
- 350g cannellini beans (Drained)

METHOD

1. Preheat the oven to 200°C
2. Toss the diced pumpkin with a little olive oil, salt, and thyme. Spread on a tray and roast for 20–25 minutes until tender and golden then set aside.
3. In a large pan, heat the olive oil and sauté the onions until soft
4. Add the garlic and mushrooms, and cook until the mushrooms have released their juices and reduced.
5. Stir in the rice and toast for 1–2 minutes, stirring constantly.
6. Begin adding the hot vegetable stock, one ladle at a time, stirring until each addition is absorbed before adding the next.
7. Continue until the rice is tender and creamy, around 20–25 minutes.
8. Stir in the roasted pumpkin, spinach, drained cannellini beans, margarine, and most of the cheese if using.
9. Season with salt and pepper to taste and let the risotto rest for 5 minutes before serving

MAGNESIUM:

Magnesium plays an important role in brain function and mood regulation by supporting serotonin production, helping calm the nervous system and reduce stress.



**Nourish your soul with
MOOD BOOSTING INGREDIENTS**

REFRESH

MIND, BODY & SOUL

DECEMBER

CARIBBEAN BUTTERNUT SQUASH & BLACK BEAN STEW

SERVES  Ten

SAFFRON RECIPE CODE R06588

INGREDIENTS

- 800g Chopped Tomatoes
- 60ml vegetable oil
- 500g onion (Peeled & Diced)
- 400g Mixed Peppers (Chopped into 2cm dice)
- 2 cloves garlic (Finely Chopped)
- 2 red chillies (Finely Chopped)
- 1tsp cayenne pepper
- 1tsp oregano
- 1 bay leaf
- 1 medium butternut squash (Cut into 2cm dice, LEAVE SKIN ON)
- Handful green pitted olives
- 600ml tap water
- 15g vegetable bouillon mix
- 500g tinned black beans (Drained)
- Handful of chives (Chopped)
- ½ tsp salt
- ½ tsp ground black pepper
- 20ml vegetable oil

METHOD

1. Heat the oil in a frying pan with a lid and add the onions and garlic. Soften gently, stirring occasionally.
2. Stir the chilli, cayenne, oregano and bay leaf into the onions, stir fry for 1 minute
3. Stir in the squash and olives and simmer for a couple of minutes
4. Add the tomatoes and vegetable stock and bring to a simmer. Cover and cook for approx. 30 mins, stirring occasionally.
5. Add the peppers to the pan and check the seasoning. Add extra water if it's looking dry. Cover and cook for a further 25 minutes until the squash is tender.
6. Add the beans to the pan and reheat. Serve with chopped chives

MAGNESIUM:

Magnesium plays an important role in brain function and mood regulation by supporting serotonin production, helping calm the nervous system and reduce stress.

