



THE WEDNESDAY CHEF

RICE AND SQUASH SOUP

Serves 4

A small lump of butter

A glug of olive oil, plus more for serving

1 medium onion, diced

1 carrot, diced

1 stick celery, diced

Salt and black pepper

About 1/3 of a small Hokkaido squash (approx. 400g), cubed

1 liter/4 cups vegetable or chicken stock, or water

180grams/1 cup arborio or vialone nano rice

1 piece of Parmesan rind

Grated Parmesan

Hot red pepper flakes (optional)

1. In a large pot, heat the butter, olive oil, onion, carrot, celery and a pinch of salt, frying gently until the vegetables start to become translucent.

2. Add the squash and stir for a minute, then add the rice and stir well. Add the stock and the Parmesan rind, bring to a boil, then reduce, cover and let

simmer for about 17 minutes. The squash should be soft and the rice should be cooked. You may need to add a little more water. Taste for seasoning.

3. Serve, topping with grated Parmesan, a drizzle of olive oil and/or hot red pepper flakes.