

Creamy Garden Vegetable Risotto (Low FODMAP)

Silky Italian risotto loaded with tender butternut squash, sweet carrots, and vibrant spinach. A comforting low FODMAP dinner that's surprisingly easy to master.

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 4

Low FODMAP ✓

Ingredients

divided (ensure oil is made with garlic cloves only, no garlic pieces remaining) garlic-infused oil

peeled, deseeded, and cut into 3cm chunks (37.5g per serving) butternut squash

ensure stock contains no onion or garlic; homemade or certified low FODMAP brand low FODMAP vegetable stock

such as Marmite or Vegemite, for umami depth yeast extract

Italian seasoning or herbs de Provence work well dried mixed herbs

plus more to taste salt

1 medium stalk, finely chopped (about 7.5g per serving) celery stalk

short-grain risotto rice; do not substitute with long-grain arborio rice

such as Pinot Grigio or Sauvignon Blanc; ensure it's dry, not sweet dry white wine

peeled and coarsely grated (25g per serving) carrots

finely grated, aged at least 12 months for lowest lactose content Parmesan cheese

fresh leaves, roughly chopped if large (50g per serving) baby spinach

freshly ground, or to taste black pepper

Instructions

Step 1: Roast the butternut squash

(20 min)

Heat 1 tablespoon of garlic-infused oil in a medium frying pan over low-medium heat. Add the butternut squash chunks and cook for 20 minutes, turning regularly with a spatula, until the pieces are tender when pierced with a fork and have developed golden-brown caramelized edges. The slow cooking brings out the natural sweetness of the squash.

Step 2: Prepare the stock

(5 min)

While the squash cooks, pour the low FODMAP vegetable stock into a large saucepan and stir in the yeast extract, dried herbs, and 1 teaspoon of salt. Bring to a gentle simmer over medium heat, stirring occasionally to dissolve the yeast extract completely. Once simmering, reduce the heat to low and keep the stock warm throughout the cooking process. This savory stock will infuse the rice with deep, umami-rich flavor.

Step 3: Start the risotto base

(3 min)

In a large, heavy-bottomed saucepan, heat the remaining 2 tablespoons of garlic-infused oil over medium heat. Add the finely chopped celery and cook for 2 minutes, stirring frequently, until it begins to soften but hasn't browned. Add the arborio rice and stir constantly for 1 minute, coating each grain with oil until the edges become slightly translucent. This toasting step is crucial for achieving the perfect creamy texture.

Step 4: Build the risotto

(20 min)

Pour in the white wine and stir continuously until it has almost completely evaporated and been absorbed by the rice, about 2 minutes. Add the grated carrots and stir for 30 seconds to combine. Now begin adding the warm stock one ladleful at a time (approximately 100ml per addition). Stir regularly and wait until each addition is almost completely absorbed before adding the next. Continue this process for 15-20 minutes, until the rice is tender but still has a slight bite in the center, and the mixture has a creamy, flowing consistency.

Step 5: Finish with greens and cheese

(3 min)

When the rice is perfectly cooked, reduce the heat to low and stir in two-thirds of the grated Parmesan cheese. Add the spinach leaves in handfuls, stirring gently after each addition until the leaves wilt into the risotto. This should take about 2 minutes. Season generously with freshly ground black pepper and additional salt if needed. Gently fold in half of the roasted butternut squash, keeping the pieces intact as much as possible.

Step 6: Serve

(2 min)

Divide the risotto among four warm serving bowls. Top each portion with the remaining roasted butternut squash pieces and sprinkle with the remaining Parmesan cheese. Serve immediately while the risotto is hot and creamy, as it will continue to thicken as it sits. For best results, enjoy within 5 minutes of plating.