

Vegetable Risotto

Serves
4



Ingredients

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| 160g Frozen peas | 1 small onion, diced |
| 2 tbsp fresh parsley | 1 clove garlic, crushed |
| Pinch ground pepper | 100g Broccoli |
| 4 tbsp olive oil | 100g Courgette |
| 75g parmesan, finely grated | 350g Arborio rice or risotto rice |
| 1 cube reduced salt vegetable stock | |

Method

1. **If using peas:** Put the peas into a pan of water and boil for 5 minutes, then drain.
If using broccoli: Remove the chunky stem and discard. Chop the florets evenly and boil in a pan of water for 5 minutes and drain.
If using courgette: Cut the ends off the courgette and throw them away. Slice the courgette, boil in a pan of water for 5 minutes and drain.
2. Heat the oil in a large saucepan and add the onion and garlic, cook over a medium heat for 5 minutes, or until the onion is soft.
3. Take the pan off the heat and add the rice, stirring until the rice is coated with the oil.
4. In a jug, add 850ml boiling water to the stock cube and stir until dissolved.
5. Using a ladle, add one scoop of the stock to the rice mixture, and put back on the heat. Gently stir the rice until nearly all the liquid has been absorbed. Each time the stock is absorbed, add another ladleful.
6. About 15 minutes after you added the first stock, stir in the precooked vegetables. Keep adding ladles of stock and stirring them in, until the rice is creamy and just tender.
7. Take the pan off the heat and cover it with a lid. Leave it for 3 minutes, then stir in the parsley, parmesan and 2 pinches of pepper.

Nutritional Information (per portion)	
Energy (kcal)	459
Protein (g)	15.7
Potassium (mg/mmol)	163/4.1
Phosphorus (mg/mmol)	173/5.5
Sodium (mg/mmol)	460/19.8