



Vegetable Risotto

Ingredients (serves 4)

- 1 Tablespoon Vegetable Oil (10g)
- 2 Garlic Cloves (6g)
- 2 Sticks Celery (60g)
- Risotto Rice (300g)
- 1 Vegetable Stock Cube, Reduced Salt (7g)
- 2.3 Cups Water (450ml)
- 4 Spring Onions (40g)
- 25 Mushrooms (250g)
- 1 Teaspoons Mixed Herbs, Level Spoonful (1g)
- 2.3 Cups Semi Skimmed Milk (450ml)
- Parmesan Cheese or Grana Padano or a similar cheese (50g)

Method

Prep and Cook time: Cooks in 50 minutes

1. Peel and chop the garlic.
2. Wash the spring onions, mushrooms and celery and cut into small pieces.
3. In a large pan fry the garlic and celery in the oil until they start to soften then add the mushrooms and fry for a further 2 minutes.
4. Add the spring onions, herbs and rice in to the pan.
5. Boil the water and dissolve the stock cube in it.
6. Add the hot stock and milk to the pan.
7. Bring to the boil then turn down the heat and simmer for 45 minutes with the lid on. Stir the risotto every so often to ensure it does not stick to the pan. Once rice has softened, remove the lid and turn up the heat to ensure all excess stock has been absorbed.
8. Grate or shave the cheese. Either stir into the rice or sprinkle on top of the risotto once served.