






SUMMER VEG RISOTTO

-  Serves: 2
-  Prep: 10 mins
-  Cooks in: 15-20 mins

Ingredients

150g short grain rice
(such as Arborio)
1.5 pints vegetable stock
1 shallot or an onion
A handful of asparagus
A handful of frozen peas
Grated parmesan
Small glug of oil
Small amount of butter

Method

- 1** Peel and finely chop the shallot.
- 2** Wash and trim the hard stalks off the asparagus.
- 3** Grate the parmesan.
- 4** Sweat down the shallot in a pan on a high heat with the oil.
- 5** Add the rice and stir.
- 6** Slowly add the stock until it has fully absorbed into the rice making sure to keep the pan moving throughout .
- 7** Whilst adding the stock, add in the frozen peas and asparagus and finally stir in the butter and parmesan to serve.



Chef's Tip

A quick rule of thumb is to add approximately three times the amount of stock to rice

Why not..?

Use milk, cream and sugar instead of stock to make your own yummy rice pudding?

Variations

You can add any types of leftovers into a risotto. Why not try cooked fish, shellfish, chicken, sausages, spinach or roast veg?

Freezer Advice

It is possible to freeze rice however please refer to the NHS choices website for more information as it is important that it is cooled correctly before freezing.

Vegetarian Options

With so many possibilities, Risotto can easily be made suitable for vegetarians.

Allergy Advice

Contains dairy, you can substitute vegan cheese for parmesan.

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