

# Our Recipe

VEGGIE  
RECIPE

## TOMATO WEEK



### Ingredients

### Spine-Tingling Tomato Risotto - 4 portions

- 8ml vegetable oil
- 40g onions, diced
- 1 garlic clove, crushed
- 160g chopped tomatoes
- 5g tomato puree
- 1/2 vegetable stock cube
- 480ml water
- 180g Risotto rice
- 20g Cheddar cheese
- Handful of fresh basil – chopped



### Method

1. Heat the oil in pan. Add the onion, and fry for 10 mins or until beginning to soften.
2. Add the garlic and fry for 1 min. Stir in the rice and cook for 2 mins.
3. Tip in the tomatoes, add the tomato puree and bring to a simmer.
4. Add half the stock, cooking and stirring until absorbed.
5. Add the remaining stock, a ladleful at a time, and cook until the rice is al dente, stirring constantly for 20 mins.
6. Stir through the cheese and basil and serve!

Bring it on tomatoes!

**EAT THEM  
TO DEFEAT THEM**

