

Spring vegetable risotto

(Serves 2)

Ingredients

- 1 Stock pot, (Knorr, herb infusions)
- 800mls Water
- 100g Broccoli, small florets
- 100g Asparagus tips
- 80g Peas, frozen, garden
- 100g Broad beans, baby
- 1/2 tbsp Oil, olive, napolini
- 100g Leeks, baby, sliced
- 150g Rice, risotto/arborio
- 1 tbsp Pesto, green
- 1/8 tsp Black pepper
- 1 tbsp Basil, fresh, chopped
- 2 tbsps Pine nuts (optional)

Preparation

1. Make stock & bring to boil in a large saucepan. Add broccoli, asparagus, peas & broad beans.
2. Bring back to boil & simmer for 4-5 minutes until "al dente."
3. Keeping the stock, drain the vegetables & set aside. Top stock back up to 800mls with hot water & keep on a low heat.
4. Heat oil in a large frying pan or wok. Cook leeks on a medium heat for 2-3 minutes.
5. Stir in the rice. Add 4 tbsps of hot stock. Cook gently until liquid absorbed. Stir continuously.
6. Continue adding stock a bit at a time, stirring continuously, until rice cooked to taste & fluid absorbed. This will take approx 15-20 minutes.
7. Stir in pesto, black pepper, vegetables & basil.
8. Cook for a few more minutes until vegetables heated through.
9. Whilst warming through, heat a small frying pan on a low-medium heat. Dry fry pine nuts for 2-3 minutes, shaking pan regularly to avoid burning nuts.
10. Serve risotto topped with the toasted pine nuts if using.

TOP TIP: This dish is a great energy booster and incredibly filling.

NUTRITIONAL VALUES PER SERVING

Calories 564

Total Sugars 6.35g

Total Fats 18.95g

Saturated Fats 2.86g

Salt 2.25g

Fruit & Veg 3