

# Mushroom risotto

(Serves 4)

## Ingredients

- 200g Onions, finely chopped
- 1 Lemon, juice & rind
- 350g Rice, risotto/arborio
- 1 Stock pot, (knorr vegetable)
- 1.2 litres Water
- 250g Broccoli, small florets
- 350g Mushrooms, flat, sliced (chestnut, shitaki or flat)
- 200g French beans, halved
- 1 tbsp Olive oil
- 60 mls White wine
- 20g Parmesan, grated (optional)

## Preparation

1. Blanche beans & broccoli for 4 minutes. Drain & run under cold water.
2. Make stock & bring to boil in large saucepan then simmer.
3. Heat oil in a large frying pan or wok, add onion & cook for 2-3 minutes.
4. Stir in the rice, wine, lemon rind & juice. Add 2-3 tbsps of hot stock. Cook gently until liquid absorbed. Stir continuously.
5. Continue adding stock a bit at a time, stirring continuously, until most of fluid is added & rice creamy (approx 15 mins)
6. Stir in mushrooms, broccoli, french beans & remaining stock.
7. Cover & simmer for 5 minutes until rice just tender. Add a bit more water if necessary.
8. Remove lemon rind. Serve risotto with freshly grated parmesan.

**TOP TIP:** Try wild, chestnut or shitaki mushrooms or a combination)

## NUTRITIONAL VALUES PER SERVING

Calories 454  
Total Sugars 6.39g  
Total Fats 6.65g  
Saturated Fats 2.21g  
Salt 1.33g  
Fruit & Veg 3