

PEA & PARMESAN RISOTTO

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 small onion – finely chopped
- 1 stick celery – finely chopped
- 1 clove garlic – peeled and chopped finely
- 250g risotto (Aborio) rice
- 1 litre hot vegetable **stock**
- 100g frozen peas – defrosted
- $\frac{1}{2}$ teaspoon dried parsley
- black pepper
- 25g fresh parmesan **cheese** – grated

EQUIPMENT

- chopping board, sharp knife,
- large saucepan with lid, wooden spoon,
- teaspoon, measuring jug, ladle, grater

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: milk

COOK TIME: 30 minutes

METHOD

- 1** Heat the oil in a large saucepan. Add the onions, celery and garlic and fry 5-6 minutes on a medium heat until the vegetables are softened (but now brown).
- 2** Add the rice and stir to cover in the oil. Add a ladleful of the stock and simmer, stirring until the liquid has been absorbed. Continue adding the stock in this way until the rice is plump and tender. This process should take about 20 minutes.
- 3** Finally, remove the pan from the heat and add the defrosted peas, parsley and $\frac{3}{4}$ of the cheese. Cover the pan with the lid and leave to stand for 2 minutes.
- 4** Serve the risotto immediately with a green side salad or some steamed vegetables.