

# Mushroom Risotto

## Ingredients

150g mushrooms  
1 onion  
2 cloves garlic  
1 x 15ml spoon olive oil  
250g rice  
1 vegetable stock cube  
1 – 1.5 litres water, boiling  
1 x 15ml spoon parmesan, grated (In school)  
1 tsp thyme (in school)

## Method

1. Prepare the vegetables:
  - peel and chop the onion;



- peel and crush the garlic.



## Equipment

Chopping board, knife. Garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.

### Nutrition:

Risotto is a low fat, low sugar dish. Use brown rice and extra vegetables for high fibre.

Chicken, tuna, prawns, bacon and cooked sausage all work well as extra protein additions to this recipe.

### Special diets:

Suit able for vegetarians, coeliacs and lactose intolerant (without parmesan)

- slice the mushrooms;



2. Fry the onion and garlic in the oil until softened.



3. Add the mushrooms, and fry for another 2 minutes.



4. Stir in the rice.



5. Mix the stock powder with the water.



6. Add a little of the stock until the rice – a little at a time. Wait for the stock to be absorbed, stirring constantly.



7. Continue adding the stock until the rice cooks – this will take 20 – 25 minutes. The rice should be soft, but still remain a nutty bite.



8. Stir in the parmesan and thyme into the rice.



Photo