



No fuss vegetable risotto

Using the microwave to cook your risotto means no fuss and a fraction of the cooking time, this recipe is also a great way to use up leftover vegetables and meat.

Ingredients

4 level carb spoons of raw risotto rice
1 medium onion, finely chopped
2 tsp of olive oil
1 tsp of butter
2 cloves of garlic, finely chopped
1 vegetable stock cube
60g mature cheddar cheese (finely grated)
5 handfuls of vegetables. This can be leftover cooked vegetables, any frozen veg or chopped raw mushrooms

Optional: Add leftover roast meat, butter beans or cashew nuts for protein

Method

1. Heat the oil and butter in a frying pan, add the onion and cook for 5-6 minutes on a medium heat.
2. Add the rice and garlic, stir until the oil coats all of the rice and cook for 2-3 minutes
3. Measure 600mls (1 pint) of boiling water into a jug, add the stock cube and stir until dissolved.
4. Add the rice to a microwave proof bowl, then add the boiling water and stir well.
5. Place a lid (slightly opened) or cling film over the bowl and cook for 10 minutes on full power
6. Add the vegetables (frozen veg can be added frozen) and meat or beans, cover and cook for a further 3-5 minutes
7. Add the grated cheese and serve

 Serves 3-4

Buy now at www.spoonit.co.uk

Available at
