

COURGETTE & PEA RISOTTO



Moderate



40 minutes



Main



04 Servings

INGREDIENTS

1 tsp olive oil
2 small onions, halved and sliced
2 garlic clove, crushed
400g courgette, diced
risotto rice to feed 4
600 ml vegetable stock, simmering in a saucepan
1 tbsp dried thyme
50g frozen peas, defrosted
50g parmesan
large knob butter



COOKING STEPS

Heat the olive oil in a pan and add the onion and garlic and stir over a medium heat for 4-5 minutes until softened.

Add the courgette to the pan and stir for a further 4 minutes.

Tip in the rice and stir to coat in the oil.

Add a ladle full of the hot stock to the pan and stir. When the stock has been absorbed, repeat with another ladle of stock and continue doing this until the rice is cooked and the stock has been absorbed,

Stir in the peas and cook for a further 5 minutes to heat through.

Add a large knob of butter and the parmesan, stir through and allow to sit for 2-3 minutes with a lid on the pan.

Stir through again and divide between 4 bowls.