



Pea and mint RISOTTO

SERVES 1

15ml olive oil
½ onion, finely chopped
1 clove garlic, finely chopped
60ml uncooked risotto rice
50ml white wine
300ml hot vegetable stock
250ml hot water
125g frozen peas, defrosted
15ml chopped fresh mint
60ml grated parmesan cheese
salt and pepper

Risotto is a great, filling meal to make for one, particularly as it uses one pan so there's minimal washing up. Sometimes I even eat it straight from the pan ... don't judge me.

1. Heat the olive oil in a pan then sauté the onion until translucent.
2. Add the garlic and rice and stir over a high heat for 1 minute. Deglaze with the wine, then simmer until the wine has evaporated completely.
3. Combine the stock and the water, then add, a little at a time, while stirring continuously (only add more liquid once the liquid has been absorbed).
4. Once the rice is cooked, stir in the peas, mint and parmesan, then season to taste.