

Vegetable risotto



Ingredients:

400grams gold sweet potato, peeled, cut into 2cm pieces

2 tablespoons olive oil

1 large zucchini, cut into 2cm pieces

4 cups Coles Real Vegetable Stock

1 and 1/2 cups (375ml) water

25grams Butter

1 brown onion, finely chopped

125grams mushrooms, quartered

1 large garlic clove, crushed

1 1/2 cups Arborio Rice

100grams frozen peas

1/3 cup Parmesan grated

- Note: Get the sweet potato on quickly to save time, the vegetables will be baking as you are cooking the risotto steps, they added at the end of the cooking of the risotto.

Method:

- 1) Preheat oven to 220C. Combine the sweet potato and half the oil in a small baking dish. Roast for 10 mins. Add zucchini and roast for 8-10 mins or until vegetables are lightly browned and tender.

- 2) Meanwhile, bring the stock and 1 1/2 cups (375ml) water to the boil in a medium saucepan over high heat. Reduce heat to low and simmer, covered.
- 3) Heat the butter and remaining oil in a large heavy-based saucepan over medium heat. Add the onion, mushroom and cook, stirring, for 3-4 mins or until onion softens add the garlic for the last minute of onion cooking.
- 4) Add the rice. Cook, stirring, for 1 min or until the grains appear glassy. Reduce heat to low. Add the stock, 1 ladleful at a time. Stir with a wooden spoon until all the liquid has been absorbed. Repeat with remaining stock (this should take about 25 mins).
- 5) Add sweet potato mixture and peas to rice mixture with the last ladleful of stock. Cook for 2-3 mins or until heated through (the rice should be tender but firm to the bite). Stir in the parmesan. Serve.