



VEGETABLE RISOTTO

INGREDIENTS

- 250 g courgettes, cut into 5 cm pieces
- 120 g carrots, peeled and cut into 5 cm pieces
- 150 g shelled fresh peas or frozen peas
- 400 g green asparagus, trimmed and cut into 2 cm pieces (alternative: broccoli)
- 40 g olive oil
- 10 g vegetable bouillon cube, slightly mashed with a fork
- 120 g onion, peeled and cut into 5 cm pieces
- 280 g Arborio (risotto) rice
- 60 ml chicken stock
- ½ tsp fine sea salt
- 25 g unsalted butter, room temperature
- 100 g Parmesan cheese, grated, divided
- 10 g fresh basil leaves

PREPARATION

1. Heat 1 litre of water in the stock pot. Place the courgettes, carrots, peas and asparagus in the steamer insert, place the steamer in the pot, and cover. Steam the vegetables for about 10 minutes, until they're tender but still crisp. (If you don't have a steamer, place the vegetables with 3 tablespoons of water in a pot, cover with the lid, heat to medium heat, and steam for 10 minutes.)
2. Heat the olive oil in a heavy cooking pot or pan, add the mashed vegetable bouillon cube and the onion. Cook and stir for about 5 minutes, until the onion is tender.
3. Add the rice to the pot and stir well to coat it with the oil. Add the chicken stock and sea salt. Bring the rice to a simmer and cook, stirring occasionally until the stock has dissolved. Reduce the heat to medium.
4. Add hot water about 250 ml at a time, stirring constantly until the rice has absorbed all the liquid. Then keep adding more water in 250 ml increments and continue stirring so that the rice absorbs the liquid and cooks thoroughly. The mixture should look creamy and still a little liquid. After about 15 minutes, the rice should be tender but not mushy.
5. Remove the pot from the heat. Add the cooked vegetables to the rice and stir to combine. Stir in the butter and 50 g of Parmesan until they are melted. Serve garnished with the fresh basil leaves and the remaining 50 g of Parmesan.