

Rainbow risotto

Ingredients (Serves 4)

- 250g chicken/bacon (optional)
- 1.2L chicken/vegetable stock (2 cubes)
- 300g Arborio/long grain rice
- 1 tbsp. oil
- 1 tsp garlic
- 1 red/white onion
- 1 carrot
- 1 red pepper
- 100g frozen peas
- Handful chives (or any other herbs)
- Parmesan cheese
- 1 lemon (or 1 tbsp. lemon juice)

Top tip:

Swap any of the vegetables for different ones! For example; courgette, mushrooms, green/yellow peppers, leeks, spring greens or cabbage!

Equipment

- Knife
- Chopping board
- Weighing scales
- Measuring spoons (teaspoon & tablespoon)
- Measuring jug
- Large pan
- Serving/mixing spoon
- Grater

Method

1. Cut up the chicken/bacon, fry this in the pan until partly cooked (5 minutes/3 minutes respectively) then set aside in a bowl.
2. Snip the herbs using scissors and grate the parmesan cheese and pop both into separate bowls, setting them aside.
3. Then, fry the garlic and oil with diced onion, pepper & carrot. Add the rice and ensure it is coated in oil.
4. Then, start to add some stock a little at a time. Adding more once the liquid is absorbed. Repeat and continue stirring until all the stock is in.
5. Then, add the peas and the cooked chicken/bacon and mix well, leave to simmer for another few minutes (have a taste of the rice, if it's still a bit crunchy just continue to add a little hot water until it is to your taste).
6. Finally, stir in the snipped herbs and grated parmesan to finish off.
7. Serve hot with a squeeze of lemon juice and enjoy.

