

# Easy Peasy Risotto



## Ingredients

- 1 tbsp rapeseed oil
- 2 medium onions, finely diced
- 1 garlic clove, crushed
- 300g rice (Arborio is best, but any will do)
- 1 litre veg stock (reduced salt if possible)
- 500g frozen peas, defrosted
- 80g spinach
- 125g cream cheese
- 10 mint leaves, cut into strips (or 2 tsp mint sauce if you'd prefer)
- 75g parmesan shavings



## Method

Serves 4

- 1 Heat the oil in a heavy based pan.
- 2 Cook the onions and garlic in the pan gently, stirring until they go see through.
- 3 Add in the rice and keep stirring all the time! Cook this for a couple of minutes.
- 4 Carefully add in one ladle (or large spoon) of the stock.
- 5 When the rice has absorbed the liquid, add another ladle and keep going until the rice is cooked with a little bit of bite, then set aside.
- 6 Blend half of the peas with the spinach and 200ml of the stock.
- 7 Add the green mixture and the remaining peas to the rice along with the cream cheese and mint leaves (or sauce, if you're using it).
- 8 Warm it all through and serve with shaved parmesan on top!