

School  
@  
Home

The  
Super Yummy  
Kitchen

Chartwells | Chartwells  
EAT LEARN LIVE | INDEPENDENT

Chartwells  
EAT LEARN LIVE



The Super Yummy Kitchen  
Family Food Series

GROWN UP  
GUIDE #6

THE PLACE WHERE FUN,  
FOOD AND EDUCATION MEET

A helping hand for parents, carers  
and teachers to use with children,  
alongside the cook-a-long videos,  
recipes and activities of the week in  
The Super Yummy Kitchen

# Grown Up Guide to #6 of Family Food

## Easy Peasy Risotto!

Curriculum Links:  
**PSHE**

Learning about foods that are healthy for the body.

### Introduction

**Rice** is a grain that looks like grass when its fully grown. Most of the rice we buy in the UK comes from Asia and sometimes Italy, but rice can really be grown anywhere that's not too cold. Rice grows in fields that are flooded with water called **rice paddies**. The water protects the rice from too much heat or cold, as well as weeds. Rice is eaten in almost every country in the world. It's a great side dish to meat, fish, curry, chilli and more. Rice also takes a central role in Risotto, Paella, Rice Pudding and Sushi!

The rice we have used in the **Easy Peasy Risotto** recipe is a short grain variety called 'Arborio'. This rice has **more starch** in which makes the Risotto thick and creamy!

### Recipe Tips

**Keep stirring your risotto!** This action helps the rice to release its starch, making it thick and creamy!

Add in **any vegetables** you have in the fridge - get creative! Frozen veg works great in this too.

Arborio rice does work best for this recipe. But you can use any white rice you have to hand.

### The Activity

This activity has been designed to help children to understand the **importance of eating green vegetables**.

We've used green vegetables in our Risotto like spinach and peas which are full of amazing nutrients like iron, calcium, vitamin C and fibre.

Can you get your child to name other green vegetables?

### Nutrition Nugget

**Brown rice** contains more **fibre**, as the outer layer of the rice bran is left on. Using brown rice instead of white helps you to feel **fuller** for longer.

Using **frozen** vegetables is just as good as fresh, because it is frozen at its **peak ripeness** soon after harvest, locking in all the **nutrients**.

The way we prepare and cook vegetables also determines how well the nutrients are retained. Try cooking vegetables in the **smallest amount of water** possible (unless you are planning on consuming the cooking water in a soup) and for a short amount of time. This is because vitamins leach out of the veg into the water and can be lost! **Steaming** is the best way to cook vegetables.

There are over  
**40,000**  
different  
varieties of rice!



### 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!

Recipe

Activity

**School @ Home** The Super Yummy Kitchen

Green-tastic!

Today's curriculum links: **PSHE**

? Brown rice is just white rice but with the **outer bran layer** still on. This is what makes brown rice **healthier** than white - the outer bran contains lots of **fibre**!

**Green vegetables** are packed full of amazing nutrients like iron, vitamin C, fibre & calcium. We used **peas & spinach** in our risotto... **KS1 & KS2**

**Vitamin C**

Keeps the immune system health. Protects the body getting poorly

**Fibre**

To keep the digestive system working properly

**Iron**

Important in keeping the blood carrying oxygen around the body

**Can you name any other green vegetables?**

**Calcium**

To keep bones and teeth strong

**Brains**

Packed full of iron to help growing minds work better. Brains the Broccoli is always on the ball to hatch perfect plans for the team.