



Pea risotto

Prep: 5 minutes • Cook: 30 minutes • Serves: 2



Ingredients

2 teaspoons vegetable oil
1 small onion, peeled and finely chopped
160g long grain rice
1 low-salt vegetable stock cube made up with 400ml boiling water
200g frozen peas
10g unsalted butter

To serve

50g strong cheddar, grated

- 1 Heat the oil in a pan and cook onion until softened. Add in the rice, stir and cook for 1 minute.
- 2 Start adding the hot stock into the pan, a little at a time and stir. Once stock has been absorbed add a little more, stirring constantly. Repeat process until all stock has been added and absorbed and the rice is cooked. You want rice to be soft, this will take about 15 minutes. If you use all the stock and rice is not cooked, add a little more boiling water.
- 3 When the rice is cooked, add the peas and butter. Stir into the rice and keep on a medium heat until peas are cooked through, about 5 minutes, still stirring so rice does not catch on bottom of pan.
- 4 Stir in half of the cheese. Serve into 2 bowls and sprinkle remaining cheese on the top.

Nutritional info

Low phosphate ✓

Low potassium ✓

Low protein ✓

Low salt ✗

Low fat ✗

Cost per portion (August 2022) **61p**

Carbohydrate **82g**

Energy in kcals **552**