






Cooking Made Easy

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Rachel's Oven Baked Risotto with Summer Vegetables

The children of yesterday who spelled their name in alphabet pasta are undoubtedly the culinary geniuses of today. As we grow up we have to pretend that alphabet pasta isn't as fun as it used to be, but that doesn't mean we can't find other ways to get inventive. For this sublime recipe, Rachel Allen whizzes together bouncing fresh peas and spinach to create a risotto that resembles the rolling hills of her beautiful Emerald Isle. There's no doubt she won the Pasta Spelling Bee at School.

 25 min

 veggie

 gluten free



Onion



Garlic Clove



Peas



Baby Spinach



Vegetable Stock Pot



Arborio Rice



Butter




Hard Italian Cheese




Asparagus

Ingredients

	2P	4P
Onion, diced	½ cup	1 cup
Garlic Clove, diced	2	3
Peas	½ cup	1 cup
Baby Spinach	2 cups	4 cups
Vegetable Stock Pot 1	1	2
Arborio Rice	1 cup	2 cups
Butter	½ tbsp	1 tbsp
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp
Asparagus	6	12

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Milk

Nutrition per serving: Calories: 552 kcal | Protein: 18 g | Carbs: 78 g | Fat: 5 g | Saturated Fat: 2 g



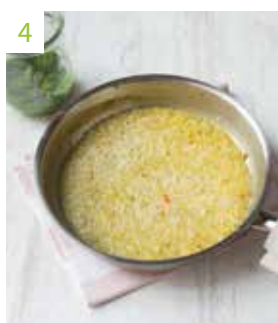
1 Pre-heat the oven to 180 degrees and bring 360ml of water to a boil in a pot. Peel and finely dice the onion and the garlic. Heat 1 tsp of olive oil in a saucepan (an oven-proof one if you have it). Add the peas and spinach and stir continually for 2 mins, until the spinach wilts.

and a few tbsp of white wine if you have any going spare. Stir and bring it up to a boil for 1 minute.



2 Dissolve the stock pot in your boiling water. Add 2 tbsp of the stock to your pea and spinach mixture. Whizz the peas and spinach in a blender or food processor until smooth and leave to one side. **Tip:** *If you don't have a blender don't worry - you can add the veggies whole for texture!*

5 Cover with the lid and place in the preheated oven for about 10-15 mins. If you don't have an ovenproof saucepan, transfer the rice to an ovenproof dish. Bake until the rice is just cooked and all the liquid has been absorbed. Vigorously stir in the vegetable purée, butter and two-thirds of the grated cheese and set aside.



3 In the now empty saucepan, heat 2 tsp of olive oil on low heat. Once hot add the onion and garlic and season with salt and pepper. Cover with a lid and sweat over a gentle heat until soft but not coloured. **Tip:** *This should take around 5 mins depending on how hot the hob is.*

6 While the risotto is cooking, bring a saucepan of water with a pinch of salt to the boil. Trim the tough ends from the asparagus then slice in half lengthways. Boil for 2 mins or until just tender, then drain.



4 Add the arborio rice and stir it around in the saucepan for a minute. **Tip:** *This helps with flavour and stops the rice cooking too quickly.* Add the remaining stock

7 Serve the risotto into warm bowls with the asparagus arranged on top. Sprinkle with the remaining cheese and serve.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!