

Risotto primavera

Serves: 2

Nutrition per serving:
300 kcal per serving



Ingredients:

- 300ml vegetable stock
- 1 onion, finely chopped
- 1 clove crushed garlic
- 80g arborio rice
- 60ml dry white wine
- 1 courgette, chopped
- 4 small asparagus spears
- 100g frozen peas
- 3 tbsp fresh chopped parsley
- 1 tbsp quark
- 1 tbsp grated Parmesan/Cheddar
- 6 cherry tomatoes

Method:

1. Put a splash of stock in a large, non-stick frying pan, add the onion and garlic and cook over a low heat, until softened. Stir in the rice and cook for 1 minute.
2. Add the wine, turn up the heat and cook until evaporated. Reduce the heat, add the vegetables and a bit more stock. Simmer, stirring continuously, until the stock is absorbed. Repeat until the stock runs out and the rice is creamy (about 15-20 minutes).
3. Stir in the parsley, quark and cheese, and serve with the cherry tomatoes.