



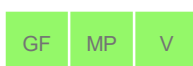
Spinach Risotto

Serves 4

1 yellow onion, diced
1 ½ cup (300g) risotto rice, dry
5 cups (1.2L) vegetable stock
8 oz. (225g) spinach, frozen
3 oz. (85g) parmesan
2 tbsp. olive oil
salt & pepper

What you need to do

1. Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.
2. Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.
3. Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	449	13	68	14

*Nutrition per serving

