



Spring Veg Risotto

(Serves 4 as a main course)



Ingredients:

- 1l vegetable stock
- 1 tablespoon vegetable oil
- 1 bunch spring onions (or 1 onion), finely chopped
- 1 leek, finely chopped
- 1-2 garlic clove, finely chopped (or a few wild garlic leaves, shredded)
- 2 sprigs fresh thyme, leaves only
- Bunch of chives
- 300g risotto rice (substitute 100g of barley for extra nutritional value)
- 2 Handful of spring greens such as spinach, kale or chard
- 2 handful of broad beans or peas, fresh or frozen
- 2 heaped tablespoons grated parmesan, plus extra to serve (approx 25g)
- 1 unwaxed lemon, finely grated zest, plus 1 tbsp lemon juice
- Knob of butter
- Salt and freshly ground black pepper to serve

Equipment:

- Sharp knife & chopping board
- Measuring jug
- Large saucepan
- Wooden spoon
- Grater
- Lemon squeezer

Method:

1. Peel and finely slice the onions and garlic. Remove the tougher top and outer parts of the leek and slice.
2. Pod the broad beans if using fresh ones and take off the skins if required.
3. Wash and dry your spring greens. Slice the leaves finely, or blitz in a food processor if you want a bright green risotto!
4. Remove the leaves from the thyme sprigs and chop finely. Snip or cut up the chives but keep separate from the thyme.
5. To make your own stock, add your veg and herb ends and bay leaf to a pan and cover with hot water. Simmer on the hob for 20 minutes.
6. Put 1 tablespoon of oil into a new pan and gently fry the onions and garlic for 5 minutes until soft. Add the leeks and fry gently for a further few minutes.
7. Add the rice and/or barley to the pan and stir gently to coat it in the oil. Cook for 5 minutes, stirring so it doesn't stick.
8. Slowly add the hot stock a little at a time. Keep stirring on a low heat and allow the rice to soak up the stock before adding more.
9. Keep adding stock and stirring. After 10 minutes of cooking, add the broad beans and thyme.
10. Continue cooking and stirring until the rice is almost soft (5 minutes) then add in the shredded kale, chard or spinach leaves. Cook through for 5 more minutes.
11. Grate some lemon zest and squeeze some lemon juice into the risotto. Season with salt and pepper to taste.



12. Stir in a knob of butter with some parmesan and chives, and if required serve with more parmesan and chives sprinkled on top.