

Less than 45 minutes

Serves 3-4

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 onion, chopped
- 2 leeks, washed and sliced (optional)
- 3 cloves garlic, chopped
- 2 bay leaves
- Handful fresh thyme
- 1 cup (250ml) arborio rice
- ⅓ cup (80ml) white wine (optional)
- 3 cups (750ml) warm vegetable stock
- Salt and milled pepper
- ½ cup (125ml) cream
- ⅓ cup (80ml) grated parmesan
- ½ packet (250g) uncooked frozen peas
- Handful fresh mint
- Juice (60ml) and grated peel of 1 lemon
- 1 chilli, deseeded and chopped
- Sugar snap peas and pea shoots or parsley, for serving

Method:

1. Heat oil in a large pan or pot and fry onion, leek and garlic for 3-5 minutes.
2. Add bay leaves, thyme and rice and cook for about 2-3 minutes or until fragrant.
3. Add wine (if using) and cook, while stirring, for 3-4 minutes or until liquid is almost evaporated. (This is called deglazing and loosens the flavourful bits stuck to the bottom of the pot.)
4. Reduce heat for low and slow cooking.
5. Add about ⅓ cup (80ml) stock at a time, allowing it to fully absorb before pouring in the

next addition.

6. Stir continuously for 15-20 minutes to ensure the rice releases starch as it cooks, that'll give you the deliciously creamy texture.
7. Once all the stock is added, there should be a thick, creamy sauce covering all the rice. The rice should be cooked through and plump, but still have a little bite.
8. Remove and discard bay leaves and thyme.
9. Season and stir through cream and parmesan.
10. Blitz frozen peas, mint, lemon juice and chilli until smooth.
11. Stir mixture into risotto and garnish with cooked sugar snap peas and pea shoots or parsley.
12. Serve immediately.