



Recipes

Mushroom and pea risotto

(serves 4-5)

Risottos are an easy, quick and cheap option for a mid week family supper. You can make it meaty or vegetarian, and it is a great way to use up those foods you always have in your cupboard too.

Ingredients

- 1 dessert spoon oil or a few squirts of spray oil
- 350g brown or white rice
- 150g frozen peas or sweetcorn or 200g drained can of either
- 250g pack of mushroom, washed and diced
- 1 vegetable stock cube (low salt) dissolved in 1 litre water
- 100g cheddar cheese, grated

Method

1. Place the oil in the pan, and heat on a medium heat. If using a multi cooker, you could use the sauté function, then add the diced mushrooms, cooking for 10 minutes.
2. Next add the rice, peas and stock.
3. Heat until boiling and then gently simmer for around 20 minutes until the rice is cooked through. Add more water during the cooking time if it is a bit dry. In the multi cooker, use the higher temperature range on the stew function.
4. Sprinkle with the grated cheese and serve.