

Vegetable Risotto



Ingredients

400g x Brown Rice
160g x sweetcorn
70g x mushrooms
½ x onion
1 x red pepper
1 x reduced salt chicken stock cube
500ml of boiling water
1 x tablespoon of olive oil

Equipment

1 x green chopping board
1 x brown chopping board
1x knife
1x weighing scales
1 x measuring jug
1x large sauce pan with lid

Method

- 1. Peel and chop onion**
- 2. Drain Sweetcorn**
- 3. Wash, deseed and chop pepper**
- 4. Wash and chop mushrooms**
- 5. Place 1 tablespoon of oil in saucepan and sauté onions and mushrooms for 2 minutes and add peppers for an additional 2 minutes**
- 6. Weigh rice**
- 7. Dissolve one stock cube into 500ml of boiling water**
- 8. Add rice to saucepan and cover with the stock mixture**
- 9. Stir thoroughly**
- 10. Place lid on saucepan and cook for approximately 20minutes stirring occasionally and adding more liquid if necessary**
- 11. Add sweetcorn and cook for a further 3 minutes**
- 12. Take mixture off heat and transfer into bowls**