LET'S EAT!

MUSHROOM RISOTTO

40 minutes

££



Allergens: milk, celery

What is it?

A meat - free meal packed with flavour and guaranteed to fill you up. And all you need is one frying pan to cook it all in, so washing up is easy!

MAKE IT FUN!

You can add all sorts of things to this risotto to make it your own, like maybe some leftover cooked chicken or some peas. Get creative and see what you like best!

What you'll need:

	For 2 people	3 people	4 people
Mushrooms	100g	150g	180g
Parmesan cheese	2 tbsp	3 tbsp	4 tbsp
Rocket	30g	50g	70g
Veg stock	1 cube	1 cube	1 cube
Risotto rice	140g	200g	230g
Garlic clove	1	1	2
Onion	1	1	1
Leek	1	1	1

You will also need water

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Dice the leeks and onions and gently fry in a frying pan over a low heat. Crush the garlic with the side of a knife and then chop into small pieces and add to the pan. Heat 250ml water per person and crumble in the stock cube stirring until dissolved.

Step 2:

Slice the mushrooms and add into the frying pan, giving everything a stir. Once they have softened, add the risotto rice and cook for 1 minute.





Step 3:

Gradually add the stock mixture a small amount at a time so that the rice absorbs the liquid. The risotto should become creamy, plump and tender. Keep adding the stock and stirring. By the time you add the last of the stock the rice should be almost cooked. If it isn't add a little more water to give the mixture moisture. Continue stirring until the rice is cooked through.

Step 4:

Once the rice is cooked, take the pan off the heat and add most of the parmesan, season to taste and give it a good stir. Spoon the risotto onto your plate and top with the remaining cheese and the rocket.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!