

Spinach Risotto



4 servings



40 minutes



INGREDIENTS

1 yellow onion, diced

1 ½ cup (300g) risotto rice, dry

5 cups (1.2L) vegetable stock

8 oz. (225g) spinach, frozen

3 oz. (85g) parmesan

2 tbsp. olive oil

salt & pepper



INSTRUCTIONS

1. Heat the olive oil in a large pan over medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.
2. Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.
3. Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.