

Mixed Spring Vegetable Risotto



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 1 onion finely chopped
- 50g kale, spring greens or purple sprouting broccoli
- 1 carrot, scrubbed and sliced thinly
- 125g frozen peas
- 440ml low salt vegetable stock
- 1/2 tbsp oil
- 3 tbsp parsley finely chopped
- 220g risotto rice (Arborio)
- Ground black pepper
- 35g grated cheese (parmesan if available)



Method

1. Heat oil in a frying pan and add onion.
2. Cook gently for 5 minutes, stirring occasionally.
3. Add the rice and stir well.
4. Meanwhile, heat up the stock in a separate saucepan and 3 extra cups of water and keep it simmering on the hob.
5. Pour a little of the stock in the frying pan and stir constantly on a low heat until all the stock has been absorbed. Be careful not to let it stick and burn on the bottom of the pan. Keep stirring!
6. Repeat stage 5 until all the stock has been absorbed and the rice is cooked. Overall this will take 20-30 minutes. Add extra water if you feel the rice is still hard.
7. After 10 minutes adding stock, add the slice carrots, peas and/or broccoli to the pan. This will allow enough time for the vegetables to cook whilst the rice is absorbing the stock.
8. When the rice is cooked, add the kale, spring greens or spinach plus the chopped parsley and cook for a couple of minutes to cook the vegetables through.
9. Stir in the black pepper to taste and the grated cheese and serve immediately.

Risotto is a great way of making an all-in-one meal, using seasonal vegetables and if available, left over chopped chicken or pieces of fish. Try other combinations of vegetables such as butternut squash and leeks or sweet potato and broccoli. Peppers and sweetcorn also work really well. Garnish with fresh chopped herbs, such as coriander for a fresh flavour.



PROJECT FOOD

A helping hand to healthy eating

Frozen Berry Yoghurt

Serves 4

Ingredients

- 250g/9oz frozen berries
- 100ml/3½ fl oz reduced fat Greek style yoghurt
- 2 tsp honey or sugar



Method

1. Put the ingredients in a food processor or blender and blitz.
2. Serve immediately – the frozen fruit sets the yoghurt – or you can store it in the freezer until needed.

Frozen Berry Compote

Ingredients

- 250g/9oz frozen berries
- 1 tsp honey or sugar



Method

1. Put the ingredients in a pan and bring to a simmer
2. Cook for around 20 minutes, or until the fruit is soft.
3. Serve with some reduced fat Greek style yoghurt.

Top tips

- You can buy packets of frozen fruit from most supermarkets and it's usually not too expensive. It's a great ingredient to have stashed away in your freezer as it can make a quick, healthy pudding and can help make your breakfast more interesting too!
- Try adding a handful of frozen berries to your porridge.
- When the summer fruit comes into season you can freeze in bags ready for later in the year.
- You could add some oats to the compote and yoghurt to make it a bit more filling. Oats are full of good slow release energy and will help keep you fuller for longer.
- Or top with some chopped nuts or seeds. These contain good levels of zinc and selenium which are great for good mental health.