Mushroom Risotto

Time to prepare: 45 minutes
Serves: Four people
Cost: £8.10

1. Heat the vegetable oil in a large frying pan or saucepan and cook the spring onions over a medium-high heat for a few seconds. Add the rice and cook over a low heat for about 1 more minute, stirring all the time, until the rice looks glossy, but not brown.

2. Add the garlic and mushrooms, then pour in about half the hot stock and stir well. Cook over a medium heat for 20-25 minutes, stirring often and gradually adding the remaining stock a little at a time, until the rice has absorbed all the liquid.

3. Check that the rice is tender. It should have a nice creamy texture. If it needs cooking for a little longer, add a little more hot water.

4. Add the peas, stirring gently to mix them in. Check the seasoning, adding some pepper if needed.

Ingredients

1 teaspoon vegetable oil
1 bunch spring onions, trimmed and chopped
300g (10oz) risotto rice
1 garlic clove, crushed
200g (8oz) mushrooms, sliced
900ml (1 ½ pints) hot vegetable stock
75g (3oz) frozen peas, thawed
Ground black pepper