



# Mushroom Risotto

**Time to prepare:** 45 minutes

**Serves:** Four people

**Cost:** £8.10

## 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

- 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.

