

Moreish Mushroom Risotto with Thyme & Parmesan Cheese

The secret to an enjoyable risotto is to cook it slowly while stirring, so as to release and stabilise the starches within the arborio rice. Adding too much stock at once will only produce gluggy risotto, so make sure you only add ladles of stock when the rice is looking dry and thirsty.



Prep: 10 mins Cook: 45 mins Total: 55 mins





nut free



veggie

Pantry Items









Dry White Wine



Vegetable Stock



Brown Onion



Arborio Rice



Button Mushrooms



Zucchini



Exotic Mixed Mushrooms







Thyme



Parmesan Cheese

2P	4P	Ingredients	
1 cube	2 cubes	vegetable stock	
750 ml	1 ½ L	boiling water *	
2 tbs	4 tbs	olive oil *	
1	2	brown onion, finely diced	
¾ cup	1 ½ cups	arborio rice	
100 ml	200 ml	dry white wine *	
1 punnet	2 punnets	button mushrooms, sliced	
1	2	zucchini, grated	
2 tbs	4 tbs	butter *	
1 clove	2 cloves	garlic, peeled & crushed	
1 punnet	2 punnets	exotic mixed mushrooms, roughly chopped	
1 bunch	2 bunches	thyme, leaves picked	
½ block	1 block	Parmesan cheese, finely grated	

Ingredient features in another recipe

Pantry Items

Pre-preparation

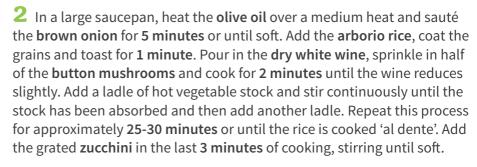
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Nutrition per serve					
Energy	2890	Kj			
Protein	16.4	g			
Fat, total	28.5	g			
-saturated	11.4	g			
Carbohydrate	81.3	g			
-sugars	5.3	g			
Sodium	521	mg			



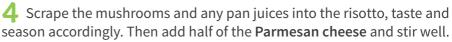
You will need: chef's knife, chopping board, garlic crusher, fine grater, large pot, large saucepan, ladle and a medium frying pan.

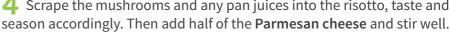
In a large pot, add the **vegetable stock cube** and the **boiling water**, then place over a low heat to keep warm.





3 Meanwhile, heat the **butter** in a medium frying pan over a medium heat. Add the garlic, the remaining button mushrooms, the exotic mixed mushrooms and a pinch of salt. Cook for about 5 minutes, stirring occasionally, until the mushrooms are brown and juicy. Add in half of the thyme.







5 Divide the risotto between bowls and sprinkle with the remaining Parmesan cheese and thyme.



Did you know? Mushrooms are not really vegetables because they do not have leaves, roots, or seeds and do not require light for growth.