

Rainbow Risotto

Serves 4

Ingredients

- 2tbsp of olive oil
- 1 clove of garlic
- 1 tablespoon of dried thyme
- 300g of Arborio rice
- 1 red onion
- 2 handfuls of mushrooms
- 1 red pepper
- 1 yellow pepper
- 2 large carrots
- 200g of green beans
- 2 small pre-cooked beetroot
- 2 tablespoons of Philadelphia light
- 1 litre of chicken stock (made from 1 litre of boiling water and 1 tablespoon of chicken stock granules or 1 stock cube)
- Salt and pepper

Method

1. Wash and chop the mushrooms. Peel and chop the garlic
2. Chop the onion, carrots and the peppers into strips
3. Bring a pot of water to the boil and place a steamer on top add the carrots and green beans and steam for 10 minutes
4. Meanwhile, heat the olive oil in a large pan, gently fry the onion, garlic, mushrooms, and peppers with the dried thyme for 5 minutes.
5. Prepare the stock by boiling the water and adding into a jug with the tablespoon of stock granules or 1 stock cube. Stir well.
6. Slice the cooked beetroot and mix in a bowl with the Philadelphia light.
7. Pour the dry rice into the pan with onions mushrooms and peppers, cook for 2 minutes. Keep stirring the mixture to prevent it sticking. Gradually pour in the vegetable stock, a little at a time, giving the rice time to absorb the stock between each addition.
8. Season with salt, pepper or spices, and continue cooking on a gentle simmer for 15-20 minutes until the rice is tender but not soggy.
9. Stir- in the beetroot & cheese mixture and arrange the carrots and green beans on top.