



SPRING ONION, PEA & COURGETTE RISOTTO

Serves 2 approx

Another fantastic use of our Spring Onion & Cracked Black Pepper Sheese, this vegan risotto recipe is smooth, creamy and delicious. It's a healthy snack or main and one we're confident you'll enjoy.

Ingredients

1 teaspoon oil
2 spring onions, chopped
1 clove garlic
1 courgette, sliced
150g risotto rice
500ml vegetable stock
50g frozen peas
Fresh parsley, chopped
2 tablespoons Bute Island Spring Onion & Cracked Black Pepper Sheese
Handful of spinach leaves
Black pepper

Cooking Method

Heat the oil in a large pan then add the spring onions and garlic and cook on a medium heat for a few minutes.

Add the courgette and rice and continue to cook.

Stir in the stock and bring to the boil, then turn down and simmer for 10 minutes.

Add the peas and parsley and continue to cook for a further 10 minutes, stirring regularly until the water has been absorbed.

Turn off the heat but keep on the hob and stir in the Sheese, spinach leaves and black pepper to allow to melt in.

Divide between two plates – now enjoy straight away!

