**Creamy Vegetable Risotto**

Yield: 12 Portions

Contains Egg and Milk

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| **Ingredient** | **Amount** |
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| **Extra Virgin Olive Oil** | **2Tbsp** |
| **Onions** | **12 oz** |
| **Parsnips** | **12 oz** |
| **Carrots** | **9 oz** |
| **Brown and White Rice** | **1lb 8 oz** |
| **Vegetable Bouillon Powder** | **2 oz** |
| **Garden Peas** | **9 oz** |
| **Water** | **2.4 litres** |
| **Grated Hard Italian Cheese** | **Handful** |

Method:

1. Dice the parsnips, onions and carrots.
2. Fry in olive oil for 8 minutes.
3. Stir in the rice and fry for 2-3 minutes.
4. Add half the stock and simmer over a low heat, stirring until it is all absorbed.
5. Add a ladle at a time until the rice is cooked and all the stock has been absorbed. This will take 20-30 minutes.
6. Stir in the peas and simmer for a few minutes.
7. Make sure this dish reached above 75 degrees C before serving.
8. Sprinkle with cheese and serve.

Do not add salt