



BrendonCare

# Cooking For One

## Risotto

3oz Arborio rice  
1oz frozen chopped onion  
1oz lardons of bacon  
¼ tspn chopped frozen garlic  
Pinch of black pepper  
Splash of white wine (optional)  
1pint boiling water  
1tspn vegetable bouillon  
1oz frozen mushrooms  
1oz frozen peas  
1oz frozen spinach  
1 square of Boursin cheese  
Pinch dried parsley  
Pinch of grated hard cheese



### Method

1. Heat a thick bottomed pan and gently fry the bacon lardons.
2. Add the frozen garlic and frozen chopped onions, stir and cook for a couple of mins.
3. Stir in the Arborio rice and coat with moisture in the pan, add a little dry white wine (optional) and a little of the boiling water and stir well.
4. Add the vegetable bouillon, and more of the boiling water and continue to stir.
5. After about 10 mins add the frozen sliced mushrooms and black pepper and a little more boiling water.
6. The mixture will begin to look creamy, after 5 mins more stirring add the peas, spinach, parsley and a little more boiling water.
7. Continue to stir the risotto, once the peas and spinach has defrosted stir in the Boursin cheese and the grated hard cheese and a small splash of dry white wine (optional).
8. Serve into a warm bowl and sprinkle with grated hard cheese.

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