

Beetroot & Herb Risotto

Equipment

Small bowl
Medium bowl
Chopping board
Cook's knife
Wooden spoon
Grater
Saucepan or deep frypan



Ingredient:

1L vegetable stock
Handful parsley/mint/basil or any soft herbs
2 medium beetroot
1 small onion
1 stick celery
1 garlic clove
50 ml olive oil
200 g risotto rice

Method:

- Wash and chop herbs, put into small bowl.
- Peel the beetroot, carefully grate beetroot and put into a medium sized bowl.
- Peel and finely chop onion, garlic and celery and place in a small bowl.
- Put a heavy based saucepan on medium heat, add oil, onion, garlic and celery. Saute' for 3-4 minutes stirring constantly with a wooden spoon.
- Add the rice and stir for 5 minutes.
- Add half the stock and stir until the liquid is absorbed.
- Add the rest of the stock and stir. Cook until the rice is al dente (just soft). Add more water or stock if needed.
- Add beetroot, stir and cook for 5 minutes, stirring constantly.
- Add herbs and stir for another minute.

Tips and Suggestions:

Add the herbs just before serving for a fresher flavour.

Mint best not cooked through.

Leave the stalk on the beetroot to give you something to hold to for grating safely.

Add some chopped spinach leaves with the beetroot for added health.