

Zucchini Risotto

Serves: 4 main

Recipe Source: Vegie Food

Equipment:

- Large jug
- Large saucepan
- Electric pan
- Wooden spoon
- Measuring cups
- Measuring spoons
- Grater
- Knives
- Ladle

Ingredients:

- 2L stock vegetable or chicken
- 500g rice aborio if possible
- 2 Tbl sp oil
- 1 Large brown onion
- 1 green zucchini
- 1 yellow zucchini
- 75g Parmesan cheese
- ½ cup parsley



What to do:

1. Place the stock in the saucepan and bring to the boil, put the lid on and keep hot.
2. Grate the zucchini and set aside.
3. Dice the onions .
4. Heat the oil in the pan and sauté the onions until golden.
5. Add the zucchini to the onions and sauté for a few more minutes.
6. Add the rice and stir through the vegetables and sauté for another minute.
7. Place the hot stock next to the pan and pour in 1 ladleful stir until absorbed.
8. Add the stock 1 ladleful at a time stirring and absorbing in between each ladleful. This should take at least 20-25 minutes.
9. When all the stock has been absorbed and the rice is tender and creamy turn off the heat.
10. Stir through the grated Parmesan and chopped parsley and serve.
- 11.
- 12.