

# Glucomen

## Recipes

### Pea & Mint Risotto

Serves 4

#### Ingredients

- 300g (7oz) risotto rice, such as Arborio or Carnaroli
- 1.1 litres (2 pints) vegetable or chicken stock (use reduced salt stock cube if possible)
- 25g (1oz) low fat spread
- 1 onion, finely chopped
- 400g frozen peas
- garlic cloves finely chopped
- Fresh mint 5-6 leaves chopped
- 25g Parmesan shavings to serve

#### Method

- In a saucepan, bring the stock to simmer and keep it simmering on a low heat.
- Using a separate large pan over a medium heat, add the onion and garlic and cook for 2-3 mins until softened.
- Add the risotto rice to the pan and a ladleful of stock, stirring constantly. Continue to add stock when the last ladle added is almost fully absorbed by the rice in the pan.
- When the last ladle of stock is added, add the peas, butter, fresh mint and half of the parmesan cheese. Continue to stir for the last 4-5 mins. The rice should be al dente when served.
- Take off the heat, sprinkle the rest of the parmesan cheese and serve immediately.

Recipe Pea And Mint Risotto	Per portion	Traffic Light colour
Energy ( kcal)	430	x
Carbohydrate (g)	78	x
Sugars (g)	5	Green
Fat (g)	8.5	Green
Saturated fat (g)	3	Green
Salt (g)	0.6	Green

