



Healthy  
Eating

# Recipe of the week

## Easy Peasy Risotto

### Ingredients

- 1 onion, chopped.
- 6 rashers streaky bacon, chopped.
- 300g risotto rice.
- 1.5 litres of hot vegetable stock.
- 100g frozen peas
- Parmesan (or any other cheese if you can't find it)

### Step 1

Heat 2 tbsp. of olive oil add the onions and fry until lightly browned (about 7 minutes). Add the bacon and fry for a further 5 minutes, until it starts to crisp.

### Step 2

Add the rice and stock and bring the boil. Stir well and then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.

### Step 3

Stir in the peas, add a little pepper and cook for a further 3 minutes, until the peas are cooked. Serve sprinkled with freshly grated cheese and freshly ground black pepper.