

Risotto Verde

Baby spinach and fresh herbs are the basis of this colorful, refreshing, and summery risotto.

NUTRITIONAL INFORMATION

Calories374	Sugars5g
Protein10g	Fat9g
Carbohydrate	...55g	Saturates2g



5 mins



40 mins

SERVES 4

I N G R E D I E N T S

7½ cups vegetable bouillon

2 tbsp olive oil

2 garlic cloves, crushed

2 leeks, shredded

2 cups arborio rice

1½ cups dry white wine

4 tbsp chopped fresh mixed herbs

8 oz/225 g baby spinach

3 tbsp lowfat plain yogurt

salt and pepper

shredded leek, to garnish

1 Pour the bouillon into a large pan and bring to a boil. Lower the heat to a simmer.

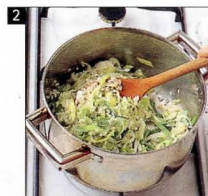
2 Meanwhile, heat the oil in a separate pan and cook the garlic and leeks, stirring occasionally, for 2–3 minutes, until softened but not browned.

3 Stir in the rice and cook, stirring constantly, until translucent and well coated with oil.

4 Pour in half of the wine and a little of the hot bouillon; it will bubble and steam rapidly. Cook over gentle heat, until all of the liquid has been absorbed.

5 Gradually stir in the remaining bouillon and wine and then cook over low heat for 25 minutes, or until the rice is creamy.

6 Stir in the chopped mixed herbs and baby spinach, season to taste with salt and pepper, and cook for another 2 minutes. Stir in the plain yogurt, garnish with the shredded leek, and serve the risotto immediately.



COOK'S TIP

Do not hurry the process of cooking the risotto because the rice must absorb the liquid slowly in order for it to reach the correct consistency.

