

RECIPE FOR HAPPY BELLIES :)

MUSHROOM RISOTTO

10	ml sunflower oil	£0.01
2	onions, chopped	£0.08
1	leeks, in 2cm lengths	£0.62
2	cloves garlic	£0.06
2	tsp dried tarragon	£0.10
2	tsp dried thyme	£0.10
1	pack mushrooms, sliced	£0.80
500g	pudding rice	£0.65
4	tbsps soy sauce	£0.35
¼	vegetable stock cube	£0.10
1l	water from kettle	free
		<u>£3.87</u>

4 PORTIONS = 97p/PORTION

METHOD: In a large non-stick saucepan, fry onions and leeks gently in a little vegetable oil, to soften, but not colour. Add mushrooms, garlic, and herbs. Stir to prevent sticking and add half of the soy sauce as the mushrooms heat through. Add rice cook a further 5 minutes, stirring to coat grains in oil, soy sauce and herbs. Add a little of the water and stir in, along with crumbled stock cube (If you have home-made vegetable stock, even better). Continue to add more water each time the rice soaks it up, until the rice is al dente - you want it cooked, but not to pudding consistency. Stir in lemon juice and remaining soy sauce. Add cherry tomatoes to heat up in the pan and serve sparingly - this dish is deceptively filling. Leftovers can be served as stuffing for grilled field mushrooms or roast peppers topped with cheese and a little light salad on the side.