

3 Baked vegetable risotto

Serves 2 hungry people. Adapted from a Bill Granger (Australian chef) recipe.

Ingredients

2 tablespoons light olive oil or other vegetable oil

1 medium onion

big pinch salt

180g risotto rice (eg Arborio rice: normal long grain rice will not work in this recipe – if you have no scales, fill a medium mug about three quarters full with the dry rice)

400g can chopped tomatoes

375ml water (use empty can as a measure and fill nearly to top)

1 heaped teaspoon vegetable stock powder

1 big handful sliced mushrooms or prepared green beans or prepared broccoli or sliced courgette

50g grated parmesan cheese

black pepper

2 tablespoons chopped fresh parsley (optional)

extra grated or shaved parmesan (optional)

1. Preheat oven to 180 degrees C fan (200 degrees C conventional oven). Peel and chop the onion and set aside. Prepare the mushrooms, beans, broccoli or courgette (whatever you choose to use) and set aside separately. Grate the parmesan cheese and set aside.
2. Heat the olive oil in a large ovenproof casserole dish (one with a lid) over a medium heat. Add the chopped onion and big pinch of salt and fry for 5 minutes until the onion is soft and translucent but not brown.
3. Add the rice to the casserole and stir for another minute. Add the chopped tomatoes, water and stock powder, turn up the heat and, stirring regularly, bring up to simmering point then reduce the heat. Add your chosen prepared raw vegetables (mushrooms, green beans, broccoli or courgette), a few grindings of black pepper and the grated parmesan and stir gently to mix.
4. Put the lid on the casserole and bake in the oven for 30 minutes. If wished, scatter parsley and/or extra parmesan on the top before serving.
5. Any leftover risotto can be cooled, refrigerated and microwaved to reheat for another meal.