

** Price as of March 2015*

FoodWise TLC

Risotto with Bacon and Peas

Serves: 4
Cost: *60p per person



Ingredients

2 tbsp oil
1 onion, finely chopped
6 rashers streaky bacon, chopped or bacon lardons
300g risotto rice
1ltr hot vegetable stock
100g frozen peas
Optional: freshly grated parmesan

Method

1. Gently heat 2 tablespoons of oil in a frying pan, 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.
2. Add the rice and keep stirring for 2 minutes. Add some of the stock, and let it simmer. Once the stock has been absorbed add some more, do this about 4 times until all the stock has been used. Stir every now and then to stop it burning on the bottom of the frying pan. The rice will take about 20 minutes to cook.
3. Stir in the peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.