

# Veggie Risotto

This tasty recipe has been put together by Carole, our Telephone Befriending Coordinator. For more great health and wellbeing tips from our Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

## Ingredients

- 1 tablespoon of olive oil
- 1 finely chopped onion
- 1 diced courgette
- 150g of pearl barley or Arborio (risotto rice)
- 1 vegetable stock pot or cube
- ½ teaspoon mixed dried herbs
- 80g frozen peas
- 160g spinach
- 20g of butter

## Steps

- Bring 1.2 litres of water to the boil in the kettle or in a pan.
- Heat the olive oil in a large pan over a medium heat.
- Add the onion and courgette and cook for 6-8 minutes, stirring occasionally, until soft.
- Add the pearl barley or Arborio rice and cook for 1 minute.
- Add 200ml of the boiling water plus the stock pot or crumbled stock cube. Stir well to make sure all nicely mixed.
- Stir in the mixed herbs and season according to your tastes.
- As the water becomes absorbed by the rice/barley, slowly add more in small amounts, stirring continuously until the rice/barley becomes soft. This can take about 40 minutes. Note: you may not need all the water.
- About 5 minutes before the end of the cooking time, add the frozen peas.
- When the rice/barley is almost soft but still has a firmness to the bite, stir through the spinach until wilted, then remove the risotto from the heat.
- Add the butter and stir through until fully melted. Serve the risotto.
- ENJOY!

