



## GREENS RISOTTO

<b>Season:</b>	<b>Spring</b>
<b>From the garden:</b>	<b>Broad beans, peas, kale, lemon, spring onion</b>
<b>Type:</b>	<b>Dinner</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>5 serves or 30 tastes</b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

### Equipment

- \*chopping board and knife
- \*measuring cup
- \*large saucepan x2
- \*ladle
- \*grater
- \*juicer
- \*wooden spoon

### Ingredients

- \*1 ½ cups short grain rice
- \*around 1 litre of chicken or vegetable stock
- \*1 onion or a couple of spring onion
- \*2 cloves or garlic
- \*1 cup of shelled broad beans and/or peas
- \*big handful of kale
- \*1 cup grated cheese (tasty) or ½ cup parmesan
- \*1 tbsp butter
- \*1 lemon
- \*salt and pepper to taste
- \*oil for frying

### Method:

- 1.prepare the stock by dissolving stock cubes in boiling water or heating up stock that is ready to use
- 2.chop the onions and garlic and fry in a large saucepan pan with a little oil until soft

- 3.add the rice to the pan and stir around until all the rice is covered in oil**
- 4.add the first ladle of stock and simmer on a low heat until the liquid has been absorbed**
- 5.keep on adding stock until the rice is tender but still has a bite (that will take approximately 30-40 minutes)**
- 6.while the rice is simmering, shell the beans and peas. Cook them in the microwave with a little water for a few minutes**
- 7.remove the stalk from the kale and slice it finely**
- 8.zest and juice the lemon**
- 9.when the rice is ready, add the cheese, butter and vegetables and stir. If the risotto looks too thick, add more boiling water. Put the lid on the saucepan and let the risotto rest for a few minutes, then add a teaspoon of lemon zest, and season with salt, pepper and lemon juice**

**Skills: *measuring, chopping, zesting, juicing***