

# Mushroom & Spinach Risotto

serves 4

## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 280g mushrooms, sliced
- 2 garlic cloves, crushed
- 280g arborio (risotto) rice
- 150ml white wine (optional)
- 8 sundried tomatoes, chopped
- 1L hot vegetable stock
- 4 tbsp chopped fresh parsley
- 30g parmesan or vegetarian alternative, freshly grated
- 200g fresh or frozen spinach



## Method

- Heat the oil in a large deep frying pan. Add the onion and cook gently for 5 minutes until softened. Stir in the mushrooms and garlic and cook gently for another 2-3 minutes.
- Stir in the rice to coat with the onion and mushroom mixture. Pour in the wine if using and cook for another couple of minutes, stirring from time to time, until the wine is absorbed.
- Reduce to a gentle heat. Add the sundried tomatoes and 125ml of the stock and cook for about 5 minutes until the liquid is absorbed. Pour in a further 125ml/4fl oz stock and continue cooking until absorbed. Repeat with the remaining stock, until it is all absorbed and the rice is creamy.
- Stir in the parsley and half the parmesan. Season to taste. Scatter the spinach over the risotto. Cover and cook gently for 4-5 minutes until the spinach has wilted. Serve immediately sprinkled with the remaining parmesan.