


Spring vegetable risotto

Serves 10

Ingredients	
2 (220g) onions	800 ml stock made using Kallo low salt vegetable stock cubes
50g unsaturated spread	350g Arborio risotto rice
5 (150g) sticks celery	800g seasonal mixed vegetables
2 carrots (200g) peeled and diced	100g grated parmesan cheese
20g garlic, peeled and crushed	1 large baguette, sliced

- METHOD:
 - In a large sauce pan melt the spread
 - Add the onion, celery, carrot and garlic and cook until softened
 - Prepare the stock and add the rice to the softened vegetables, combine and cook the rice and vegetables for 3-4 minutes
 - Now gradually add the stock a little at a time and keep stirring until it is absorbed by the rice
 - Continue this process until most of the stock has been added to the risotto
 - Prepare the seasonal vegetables into bit sized pieces
 - Add the seasonal vegetables to the risotto along with the remaining stock
 - When the stock has been absorbed by the rice, add the parmesan cheese to the risotto, remove the pan from the heat and place a lid over the saucepan.
 - Leave to stand for 5 minutes before serving with slices of baguette.
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- ✓ Cook's tip: USE SEASONAL VEGETABLES TO PREPARE A PUREE FOR WEANING DIETS
 - ✓ FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE
 - ✓ FOR DAIRY FREE DIETS USE DAIRY FREE CHEESE
 - ✓ FOR WHEAT FREE DIETS SERVE WITH WHEAT FREE BREAD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
202	4.8	5	19.5	0.4	1	0.8	203