

VEGETABLE RISOTTO

Source: family

Serves 4



- Red onion, chopped into small pieces – 1 to 2
- Garlic, finely chopped – 6 cloves
- Mixed herbs
- Red or mixed peppers, chopped - 3
- Sweet potatoes, cut into 1cm cubes - 1
- Celery, de-bearded, chopped – 3 sticks
- Rice, Basmati (don't use risotto rice) - 1 mug
- Vegetable stock – 500ml
- Carrots, sliced - 4
- Courgettes, chopped – 2
- Caraway seeds (optional)

1. Using a wok, fry onions, garlic and mixed herbs for 10 min, stirring all the time.

Make sure there is enough oil for the vegetables.

2. Add the other chopped vegetables and fry for further 10 minutes.

3. Have vegetable stock ready, preferable near boiling temperature.

Mix in the rice and cook for 5 min, making sure that all the rice is coated with oil. Add salt, pepper and caraway seeds (if using).

4. Now add stock till it only just covers the mix, cover and let it cook. Keep adding stock every 5 min, always just enough to form mini-pools but no flooding, each time letting the rice absorb the liquid.

Leave it, keeping the lid on as much as possible.

5. After 25-30 min take a sample to make sure it is cooked. The amount of fluid added is crucial.