

Zucchini, lemon & Thyme Risotto

Ingredients:

1 medium sized zucchini, grated

1 tablespoon (tbsp) olive oil

2 cloves garlic, peeled and crushed in mortar & pestle

3 spring onions, chopped small

50gms butter (or Nuttlex)

2 cups Arborio rice

2 teaspoons (tsp) cracked pepper

1 litre water + 2 teaspoons (tsp) stock powder mixed in

2 tablespoons (tbsp) fresh thyme

2 tablespoons grated parmesan

1 lemon (juice & zest)

Method:

- Heat up a large fry pan or wide pot with olive oil and butter. Add in garlic, spring onions, zucchini, thyme and cracked pepper. Gently fry for 1 minute, then add lemon juice and zest. Add arborio rice and mix to coat the rice in the butter mix.
- Add ½ a cup of stock to the rice and cook until the rice has absorbed most of the liquid. Continue this process until you have used all the stock. This should take about 20 minutes. If rice is not cooked yet add extra water and cook longer.
- Gently stir through cheese and serve into 4 bowls.