

January Risotto

1 cup Basmati rice
1 vegetable stock cube
1 red onion
1 large leek
250 gr mushrooms
250 gr carrots
dill
olive oil
seasoning
white wine
1 packet Feta cheese or tofu
2 tbsps. crème fraiche or Oatly cream
Handful of pistachios

Recipe will make 4 portions



Peel and slice the onion.
Thoroughly wash the leek and slice in thin pieces.
Quarter the mushrooms
Peel carrots and cut into long thin slices (like crudités)
In a large non-stick frying pan or skillet, add a little olive oil, heat the pan and add the sliced onions and leeks, allow to cook slowly until soft, add the mushrooms.
Place the carrots on a non-stick baking tray and drizzle with a little oil, season to taste, add dill. Bake in oven 180°C Gas 5, for 30 minutes until golden brown.
Add the rinsed rice to the leek mixture, stir in the pan. Add the vegetable stock cube and a little warm water, mix well.
Gradually add more liquid as the rice absorbs it, add the white wine if using. Keep stirring until the rice starts to swell.
Reduce the heat and let the rice cook through.
To finish the dish, add the crème fraiche to the rice, then the feta or tofu. Finally toss a few pistachios in the rice. Serve on plates and top each dish with the roasted carrots.

This dish is suitable for vegetarians and can be adapted to a vegan diet. Can be eaten cold as a salad and if any leftover it will freeze.