

Vegetable Risotto

<p>Equipment:</p> <p>Sharp knife Chopping board Small bowl Measuring cups and spoons Baking tray Large frypan Wooden spoon Cheese grater</p>	<p>Ingredients:</p> <p>1 beetroot 1 zucchini 1 pepper 1 tomato 1 carrot 4 tbsp. olive oil 1 red onion 2 cloves garlic 2 cups arborio rice 4 cups vegetable stock 10 basil leaves Parmesan cheese to sprinkle on the top</p>
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What to do:

1. Preheat oven to 180°C. Peel and dice all the vegetables other than the onion and garlic. Dice these vegetables into small bite size chunks.
2. Place the diced vegetables in a small bowl and toss with 3 tbsp. of olive oil. Tip these vegetables onto a baking tray.
3. Place the tray in the preheated oven and cook for 20 minutes, or until the vegetables are golden brown
4. While these vegetables are cooking, finely dice the red onion, and crush the garlic.
5. Place 1 tablespoon of olive oil in a large frypan and sauté the garlic and onion. Take care not to burn the garlic.
6. Add the arborio rice, and gently stir this into the garlic and onion mixture.
7. Next add all 2 ladles of warm stock and bring this to the boil. Allow the rice to absorb the stock as you stir. Once the stock has been absorbed continue to add more stock, allowing each ladleful to be absorbed before adding the next. As soon as the rice is creamy, stop adding stock. Do not allow the rice to become mushy.
8. Gently fold the baked vegetable through the rice. The beetroot will help the risotto to turn a delightful pink colour.
9. Serve this delicious meal with a sprinkle of parmesan and a scattering of basil.