

Mushroom and Bok Choy Risotto

<p>Equipment: Chopping board Knives – 1 small, 1 large Garlic crusher Large heavy based frypan Measuring cups and spoons Wooden spoon Large saucepan Ladle</p>	<p>Ingredients: 1 1/2 tbsp. olive oil 450g mushrooms 1 litre beef stock 20g butter 1 onion, chopped 2 garlic cloves, crushed 2 cups (440g) arborio rice 1 bunch baby bok choy, leaves separated Salt & freshly ground pepper</p>
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What to do:

1. Heat 2 teaspoons of oil in a large saucepan over a medium heat. Cut mushroom into thin slices and cook for 4 minutes, stirring gently. Remove and set aside.
2. Heat the beef stock and 1 1/2 cups water in a saucepan over a medium heat.
3. Heat the remaining oil and butter in the large saucepan. Add the onion and garlic. Cook for 3 minutes or until soft. Add the rice and stir until well coated in the oil.
4. Add 1 cup of the hot stock and cook, stirring often, until the stock is absorbed. Continue adding the stock 1 cup at a time, stirring until the stock is absorbed and the rice is just cooked.
5. Stir the mushrooms and baby bok choy leaves through the risotto with the last cup of stock. Season to taste. Divide among serving dishes. Serve immediately