Spring Greens and Pea Risotto with Mint

Serves: 4 Prep Time: About 35 minutes

Ingredients:

- 1 litre vegetable stock
- 1 tablespoon olive oil
- 25 g butter
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 300 g risotto rice such as Arborio
- 100 ml dry white wine
- 150 g fresh or frozen peas
- 2 large handfuls spring greens or young spinach, finely sliced
- 40 g Parmesan, finely grated, plus extra to serve
- Small handful fresh mint leaves, finely chopped
- Salt and freshly ground black pepper
- Zest of half a lemon

Optional: squeeze of lemon juice to finish

Method:

1. Warm the vegetable stock in a saucepan and keep it at a gentle simmer.
2. Heat the olive oil and butter in a wide pan over a medium heat. Add the onion and cook for about 5 minutes until soft but not coloured. Stir in the garlic and cook for another minute.

3. Add the risotto rice and stir well so each grain is coated with the butter and oil. Cook for about 1 minute.
4. Pour in the white wine and cook until it has mostly evaporated.
5. Add a ladle of the warm stock and stir regularly until the liquid is absorbed. Continue adding the stock a ladle at a time, stirring often. Wait until each addition is absorbed before adding the next.
6. After about 15 minutes stir in the peas and sliced spring greens. Continue adding stock and stirring until the rice is tender but still has a slight bite. This usually takes around 18 to 20 minutes in total.
7. Remove the pan from the heat. Stir in the grated Parmesan, chopped mint and lemon zest. Taste and season with salt and black pepper. Add a small squeeze of lemon juice if you like a brighter flavour.
8. Let the risotto rest for 2 minutes, then spoon into warm bowls and finish with extra Parmesan.

Tip: If the risotto becomes too thick while resting, stir in a small splash of hot stock or water to loosen it.