

Quick risotto

Serves 4-6



Ingredients

250g/9oz/2 handfuls mushrooms, chopped into small dice
25floz/725ml/1¼ pints of water
50g/2oz reduced fat mature cheddar cheese, grated
110g/4oz/1 cup of brown basmati rice
2 tablespoons low fat crème fraiche
2 cloves garlic, chopped finely
2 courgettes, diced
3 carrots, diced
2 medium onions, diced
1 can sweetcorn, drained
1 vegetable stock cube
Sprinkle of pepper

Method

1. Place the stock cube and carrots in a large non stick pan and fry over a low heat for 2-3 minutes (if they start to stick add a little water).
2. Add the onions and mushrooms and gently fry for a few minutes.
3. Add the rice and water to the pan and bring to the boil. Cover and cook over a low heat for about 20 minutes.
4. Once the rice is cooked (the rice should be soft and most of the water should be absorbed) add the sweetcorn, crème fraiche, cheese and pepper. Heat for a further 5 minutes, if the mixture is too thick, add a little water
5. Serve with a fresh salad