



Baked Vegetable Risotto (Serves 4)

This recipe makes cooking a risotto super-easy by leaving it to bake in the oven. We've suggested some Mediterranean veg but anything goes with this baked risotto recipe so you can use up any leftover veg.

Ingredients

- 1 tbsp oil
- 1 onion, chopped*
- 1 garlic clove, chopped*
- 100ml white wine
- 1 tin chopped tomatoes
- 200g frozen Mediterranean veg (any vegetables available will work)
- 1 stock cube made up with 600ml water
- 300g risotto rice or long grain white rice

*if not available these ingredients can be left out

Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Heat oil in frying pan, add onion and garlic and cook for 5 mins until soft
3. Add rice and wine to pan. Leave until rice has absorbed wine, should take a few mins
4. Add chopped tomatoes, frozen veg and stock. Mix well
5. Place in an oven-proof dish, cover and bake for 25-30 minutes. If using risotto rice it should look creamy when cooked

Nutrition

Starchy foods such as rice are our main source of carbohydrate in the diet and provide a slow release of energy throughout the day. Choosing wholegrain or brown versions of rice can help to increase our fibre intake. Rice is also low in fat and a good source of B-vitamins which help to release energy from our food and keep our skin, eyes and nervous system healthy.

Nutrition per portion - 431g

Energy 582kcal	Fat 7.3g	Saturates 0.9g	Sugars 11.6g	Salt 1.2g	Protein 13.3g	Carbs 106.8g	Fibre 3.8g
29%	10%	4%	13%	20%	26%	41%	

% of an adult's reference intake

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