



# Mushroom and pea risotto

## (serves 2)

A traditional Italian dish with a twist, replacing the white rice with buckwheat groats. Your taste buds will be impressed with the results!

### Ingredients

1 teaspoon of hemp oil	Juice of 1 lemon
150g buckwheat groats	Peel from 1 lemon
1 onion	20g dried mixed mushrooms
1 vegetable stock cube made with 400g water (stock)	60g peas
A few sprigs of fresh thyme	20g double light cream
1 minced garlic clove	20g parmesan shavings
	Season with salt and pepper

### Method

1. Hydrate the mushrooms by covering in boiling water and soak for at least 30 minutes, drain any excess water.
2. Finely dice the onion and weight out the other ingredients.
3. Heat the oil in a pan and gently cook the onions and garlic for a few minutes.
4. Add the buckwheat groats to the pan with some of the stock and stir for a few minutes.
5. Add the remaining stock, thyme, mushrooms, lemon juice and peel to pan and cook for a further 20 minutes, stirring frequently.
6. Add some of the parmesan and keep some for serving.
7. Add in the cream and peas and cook for a further 5 minutes.
8. Season and serve with parmesan shavings.

### Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	636kJ 152kcal	6.9g	4.2g	1.8g	23.8g	2.1g	4.1g	0.5g
Per 265g Serving	1684kJ 404kcal	18.3g	11.3g	4.9g	63.0g	5.5g	11.0g	1.4g