

Pea and Basil Risotto

Ingredients

1 Tbsp Olive oil
1 Small Onion, finely diced
2 Celery Sticks, finely diced
4 cloves Garlic, crushed
1 ½ cups Peas, divided (frozen or fresh)
Salt and Pepper
1 ½ cups + 1 litre Chicken Stock or vegetable stock
1 cup Fresh Basil leaves
1 Tbsp Lemon Zest
3 Tbsp Ghee
1 cup Arborio Rice
½ cup Dry White Wine
2 Tsp Lemon juice
¼ cup Parmesan, freshly grated
½ cup Sugar Snap Peas, halved
Microgreens or Peashoots for serving

Instructions

Step 1 - Start by heating a large heavy based pot over a medium heat. Add in the olive oil along with the onion, celery, and garlic. Use a wooden spoon to stir it and saute for 5 minutes until the onion is translucent.

Step 2 - Pour in one cup of the peas and 1 ½ cups of the chicken stock. Stir it all together and let it cook for 5 minutes until the peas are soft.

Step 3 - Add in the basil, lemon zest, and a pinch of salt and pepper.

Step 4 - Pour the pea mix into a blender and blend until it is smooth, then set the smooth green mix aside.

Step 5 - Wipe out the pot and melt in the ghee. Add in the arborio rice and fry for 2 minutes, then pour in the wine and cook on a medium to low heat until the wine cooks away.

Step 6 - Turn the heat to low and then slowly pour in the rest of the stock, one cup at a time and stir until it has cooked away. Keep doing this until all of the stock has been used and the rice is almost cooked.

Step 7 - Once the rice is almost cooked pour in the pea and basil mixture into the pot and stir. Let it simmer for 8-10 minutes until it has thickened.

Step 8 - Toss in the Parmesan and the lemon juice and stir to melt the Parmesan into the risotto.

Step 9 - In a pan melt a little ghee and saute the remaining peas and the snap peas.

Step 10 - Serve the risotto with the peas and snap peas on top, a little shaving of Parmesan and the microgreens.

Times:

Prep time: 15 minutes

Cook time: 1 Hour
Yields: 4 Servings