

# SPINACH RISOTTO



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
449 kcal  
13g Fats  
68g Carbs  
14g Protein



## WHAT YOU NEED

- 1 yellow onion, diced
- 1 ½ cup (300g) risotto rice, dry
- 5 cups (1.2L) vegetable stock
- 8 oz. (225g) spinach, frozen
- 3 oz. (85g) parmesan
- \* 2 tbsp. olive oil
- \* salt and pepper

## WHAT YOU NEED TO DO

*Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.*

*Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.*

*Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.*