



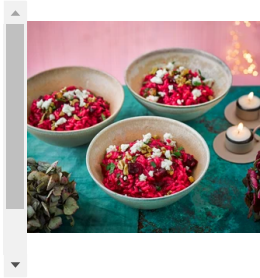
Beetroot risotto

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Total time 50 mins

Easy

Serves 4



Ingredients

- 50g butter
- 1 onion, finely chopped
- 250g risotto rice
- 150ml white wine
- 1 litre vegetable stock, hot
- 300g pack ready-cooked beetroot
- 1 lemon, zested and juiced
- a small bunch flat-leaf parsley, roughly chopped
- 125g soft goat’s cheese
- a handful walnuts, toasted and chopped

Method

- Step 1

Melt the butter in a deep frying pan and cook the onion with some seasoning for 10 minutes until soft. Tip in the rice and stir until every grain is coated, then pour in the wine and bubble for 5 minutes. Add the stock a ladle at a time, while stirring, only adding more once the previous batch has been absorbed.
- Step 2

Meanwhile, take 1/2 the beetroot and whizz in a small blender until smooth, and chop the remainder.
- Step 3

Once the rice is cooked, stir through the whizzed and chopped beetroots, lemon zest and juice, and most of the parsley. Divide between plates and top with a crumbling of goat’s cheese, the walnuts and remaining parsley.