

Mushroom risotto bake

Serves: 6

Prep time: 10 mins

Cook time: 30 mins



Ingredients

2 cups Arborio rice
5 cups boiling water
2 tsp reduced-salt vegetable stock powder*
3 tbsp olive oil
3 cups mushrooms, sliced
2 cloves garlic, crushed
2 cups baby spinach
½ cup Parmesan cheese, finely grated
2 tbsp chives, chopped

* Gluten free if using a gluten-free stock

Methods

Step 1:

Pre-heat oven to 200°C.

Step 2:

In a large oven-proof dish, combine the rice, water, stock powder, olive oil, mushrooms and garlic.

Step 3:

Cover tightly and bake for 30 minutes or until rice is tender.

Step 4:

Stir through the baby spinach, Parmesan and chives.

For this recipe and more visit:
healthymadetasty.com.au



Cancer Council
Healthy Made Tasty