

Risotto

2 stock cubes

$\frac{1}{2}$ onion

1 clove garlic

200 g risotto rice

sea salt

freshly ground black pepper

90g strong cheese

100g suitable vegetables (see sheet)

80g protein (see sheet)

$\frac{1}{2}$ tsp herbs/spice



Method

1. Prepare food handler, equipment and area.
2. Chop onion and garlic, prepare other vegetables and protein.
3. Grate cheese
4. Fry onion, garlic (meat and or vegetables) until onion is soft.
5. Add the rice and fry for 2 min's (keep stirring)
6. Slowly add the stock a bit at a time until it is all absorbed.
7. Taste the rice to see if it is cooked (al dente)
8. Remove from the heat and add the cheese, spice and herbs.
9. Put in your box