

One Pot Vegetable Risoni

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes

 2 serves per portion

Ingredients

½ cup risoni
2 cups reduced salt chicken stock
1 onion, finely diced
1 garlic clove, crushed
1 tablespoon extra virgin olive oil
3 cups zucchini and broccoli, diced
1 cup frozen peas
Pepper to taste
½ lemon, juiced
2 tablespoons parmesan cheese, finely grated
2 sprigs parsley, roughly chopped

Method

HEAT oil in pan over medium to high heat.
ADD onion, garlic, zucchini, broccoli and peas and cook for 5 minutes, stirring occasionally.
STIR through risoni, cooking for 2 minutes while stirring regularly.
ADD chicken stock and pepper and reduce heat to a simmer.
COOK for 10 minutes, stirring regularly, until water has been absorbed and risoni is al dente.
SQUEEZE lemon juice over risoni and stir through.
SERVE immediately, garnished with parmesan and parsley.



Everyday Food

Recipe courtesy of Hero the Veg competition entrant