

SPINACH, MUSHROOM AND PINENUT BAKED RISOTTO

Ingredients Serves 2

1 tbsp pine nuts
1 tsp olive oil
1/2 cup finely diced onion
1 garlic clove, crushed
10 medium field mushrooms, sliced
2/3 cup arborio (risotto) rice
1 3/4 cups salt-reduced chicken stock
1 cup baby spinach leaves
1/2 tsp freshly ground pepper
30g reduced-fat feta



Method:

Preheat the oven to 180°C. Heat a non-stick frypan over low heat and gently toast the pine nuts for 5 minutes, stirring occasionally, or until golden brown. Remove and set aside.

Increase the heat to medium and add the oil to the frypan. Add the onion, garlic and mushrooms and cook for 4 minutes or until lightly golden.

Place the rice, stock and mushroom mixture in a medium baking dish and stir to combine. Cover tightly with foil and bake for 30–40 minutes or until most of the stock has been absorbed.

Add the spinach, pepper and half of the pine nuts; stir gently to combine. Divide the risotto between two plates and sprinkle with feta and the remaining pine nuts.

Nutrition information

Each serve provides: 392 calories (1637 kilojoules); 15g protein; 9g total fat (2g saturated fat); 63g total carbohydrates (6g sugars); 3g dietary fibre; 752 mg sodium