

ROASTED TOMATO AND MUSHROOM RISOTTO

Serves: 6



Ingredients

200g punnet cherry tomatoes
1 teaspoon olive oil
1 brown onion, chopped
2 cloves garlic, crushed
1 teaspoon fresh thyme leaves
300g button mushrooms, quartered
1½ cups arborio rice
1.25L salt reduced chicken or vegetable stock, boiling
250ml Australian reduced fat milk, warmed
½ cup shaved Australian parmesan
1/3 cup basil leaves, for serving
Freshly ground black pepper, to taste

Nutritional Information:

Kilojoules 1165 kJ
Calories 277 cal
Protein 10 g
Total fat 4.2 g
Saturated fat 2 g
Carbohydrate 48 g
Sodium 660 mg
Calcium 157 mg
Iron 1 mg
Fibre 3 g

Method

1. Place cherry tomatoes on a lined oven tray. Bake at 180°C for 5-8 minutes, until skins are just beginning to split.
2. Heat olive oil in a heavy based frying pan over medium heat. Cook onion, garlic and thyme until softened. Add mushrooms and rice, cook, stirring a further 30 seconds.
3. Pour in 1/2 cup hot stock, reduce heat and simmer, stirring gently until absorbed. Repeat with remaining stock ½ cup at a time. When all stock is absorbed, add the milk and continue stirring over low heat for 3-4 minutes until the rice is tender. Stir in half of the parmesan cheese and tomatoes.
4. For serving, divide risotto between serving bowls, top with basil leaves, remaining parmesan and pepper.

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