Mushroom Risotto

Difficulty: Easy

Fresh from the garden: Mushrooms, onions, garlic, spinach, lemon and parsley

Equipment:
- Large saucepan
- Chopping boards
- Knives
- Metric measures
- Garlic crusher
- Micro plane

Ingredients:
- 50 grams butter
- 1 large brown onion, finely diced
- 2 garlic cloves, crushed
- Button mushrooms, finely diced
- 5 cups chicken stock
- 2 cups Arborio rice
- Handful spinach leaves, finely shredded
- 1 lemon, rind finely zested
- Handful of parsley leaves
- Parmesan cheese, finely grated

What to do:

Heat butter in a large saucepan.
Add onion and garlic and mushrooms.
Cook, stirring occasionally, for 3 minutes or until soft.
Stir in the rice and cook for 1 minute.
Add the stock and bring to the boil.
Reduce to low, cover and simmer for 10 minutes, stirring occasionally.
Take off heat. Add spinach, lemon zest and parsley.
Cover and stand for 3 minutes or until spinach is wilted and all stock is absorbed.
Stir in parmesan cheese. Season with salt and pepper.
Serve.