



MUSHROOM & ORZO RISOTTO

Ingredients:

- 1 ONION
- 2 GARLIC CLOVES
- DRIED CHILLI FLAKES
- 150G GREEN PEAS
- 100G BUTTON MUSHROOMS
- 200G ORZO PASTA
- 1-2 TBS RICOTTA OR CREME FRECHE
- 15G PARMASAN
- 500ML VEGETABLE STOCK
- SALT & PEPPER

Method

- HEAT 2 TEASPOONS OF OIL IN A PAN & ADD THE CHOPPED ONION, GARLIC, MUSHROOMS AND CHILLI, COOK UNTIL SOFT AND GOLDEN.
- TIP IN THE ORZO PASTA AND STIR SO EVERYTHING IS COATED IN FRAGRANCE.
- ADD YOUR VEGETABLE STOCK, PEAS, SALT & PEPPER, SIMMER ON A LOW HEAT FOR 5-10MINS (UNTIL MOST OF THE STOCK HAS GONE).
- TURN OFF THE HEAT & MIX IN YOUR RICOTTA & PARMESAN.

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Nutritional Information

ONION- A SUPERB ANTIOXIDANT THAT HELPS FIGHT INFLAMMATION, REDUCE CHOLESTEROL LEVELS & LOWER HEART DISEASE RISK.

GARLIC- ANOTHER EXCELLENT ANTIOXIDANT, IT CAN BE IMMENSELY BENEFICIAL TO REGULATE BLOOD PRESSURE AND BLOOD SUGAR LEVELS.

PEAS - A GREAT SOURCE OF BONE-BUILDING VITAMIN K & MANGANESE. THEY WILL BOOST YOUR LEVELS OF FOLATE – A MICRONUTRIENT THAT IS CRUCIAL FOR HEART HEALTH & THEIR SIGNIFICANT STORE OF VITAMIN C SUPPORTS YOUR IMMUNE SYSTEM.

MUSHROOMS- PERFECT POCKETS OF PROTEIN, FIBRE & VITAMIN B, SUPPORTING THE IMMUNE SYSTEM, CELLS & TISSUES.

ORZO PASTA- BRILLIANT LITTLE BOOST OF CARBOHYDRATES, TO GIVE YOU LOTS OF ENERGY THROUGHOUT THE DAY.

CHEESE - DAIRY PRODUCT PACKED WITH CALCIUM TO KEEP BONES, TEETH & NAILS HEALTHY & STRONG. (RICOTTA IS THE HEALTHIER CHOICE DUE TO LESS SALT & FAT).