

# Mushroom, leek & parmesan risotto



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Preparation 20 mins | Cooking 30 mins | Serves 4

- 300g Swiss Brown button mushrooms, sliced
- 4 cups chicken stock
- 2 tbs olive oil
- 2 leeks, trimmed, halved lengthways and thinly sliced
- 2 garlic cloves, crushed
- 2 cups Arborio\* rice
- ½ cup dry white wine
- ½ cup finely grated parmesan + extra to serve

*\*Arborio rice is a short-grain rice used for risotto. Its available in some greengrocers and supermarkets.*

**STEP 1** Combine mushrooms and stock in a medium saucepan. Cover and bring to the boil over medium heat. Reduce heat to low and simmer for 10 minutes. Using a slotted spoon, transfer mushrooms to a plate. Reheat stock over medium heat until just boiling.

**STEP 2** Meanwhile, heat oil in a large saucepan over medium heat. Add leeks and garlic and cook, stirring often, for 5 minutes or until leeks are tender. Add rice and cook, stirring constantly, for 1-2 minutes or until rice starts to become transparent. Add wine and cook until wine has almost evaporated.

**STEP 3** Gradually add small ladlefuls of the boiling stock to the rice, stirring constantly (this takes about 15 minutes). Stir in mushrooms with the last ladleful of stock. Stir to combine (at this point rice should be just tender). Remove from heat, stir in parmesan and season with salt and pepper to taste. Serve immediately with extra grated parmesan.

### Good for you... *MUSHROOMS*

*Fresh mushrooms have virtually no fat, are low-in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.*

