

Spinach, pancetta & parmesan risotto



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Preparation: about 20 minutes

Cooking: about 35 minutes **Serves:** 4

- 2 bunches English spinach, trimmed (about 350g spinach leaves)
- 4 cups chicken stock
- 2 tbs olive oil
- 2 garlic cloves, crushed
- 1 medium brown onion, finely chopped
- 150g sliced pancetta, finely chopped
- 2 cups Arborio* rice
- 1/2 cup dry white wine
- 1/2 cup finely grated parmesan
- Salt and ground black pepper

**Arborio rice is short-grain rice ideal for risotto. Available from supermarkets and delis.*



Spinach:

- Spinach is a storehouse of important nutrients including vitamin E (an antioxidant vitamin that is important to keep blood vessels healthy).

1. Wash spinach in cold water. Place undried leaves into a large oven-proof dish. Cover with plastic wrap. Microwave on high/100% power for 3 minutes or until wilted. Drain well, cool and roughly chop.
2. Bring stock to the boil in a saucepan over medium-high heat.
3. Heat oil in a large saucepan over medium heat. Add garlic, onion and pancetta and cook, stirring often, for 5 minutes or until onion is tender.
4. Add rice to pan and stir to coat in oil. Cook, stirring constantly, for 1–2 minutes or until rice starts to become transparent. Add wine and simmer until wine has almost evaporated.
5. Gradually add small ladlefuls of boiling stock to the rice, stirring constantly (this takes about 15 minutes). Stir in spinach 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 with extra grated parmesan if desired.