

nutritional information

Nutrient	Per Serve	Per 100g
Energy	1279.00kJ	364.00kJ
Protein	10.70g	3.00g
Total Fat	4.50g	1.20g
Saturated Fat	0.90g	0.30g
Carbohydrate	52.00g	14.80g
Fibre	6.10g	1.70g
Sodium	271.00mg	77.00mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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healthy home-cooking made easy!

PLU474

Vegetable Risotto

This meal pack includes:

Dry Ingredients:

1 cup long grain rice
400g can diced tomatoes
425g can mushrooms
1 teaspoon low salt vegetable stock
2 Tablespoons dried parmesan cheese
Pepper

Fresh Ingredients:

1 brown onion
2 cloves garlic
250g sweet potato
1 capsicum OR 1 zucchini

Vegetarian dish

Preparation time: 10 minutes Cooking time: 40 minutes

Serves 4



Developed by Community Foodies in conjunction with
Community Food SA

Vegetable Risotto

time required

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients

- 1 brown onion
- 2 cloves garlic
- 1 cup long grain rice
- 1 teaspoon low salt vegetable stock
- 400g can diced tomatoes
- 1 capsicum or 1 zucchini
- 250g sweet potato
- 400g can mushrooms
- 2 Tablespoons dried parmesan cheese
- Pepper
- Canola spray oil or 2 teaspoons canola oil (not provided)

tips and ideas

- Add extra vegetables if you like – any you have left over.

cooking instructions

1. Peel and dice onion and either crush or chop the garlic.
2. Spray a large pot (that has a lid) with oil (or use 2 teaspoons oil) and gently heat.
3. Add onion and garlic and stir through for a few minutes until soft.
4. Boil 2 cups water, add the stock cube and stir until dissolved.
5. Add uncooked rice and stir for 2-3 minutes.
6. Add only ½ cup of the stock, stir until it is absorbed.
7. Add the rest of the stock & tinned tomatoes to the rice, stir through.
8. Place the lid on the pot and simmer for 20 minutes, stirring a few times to prevent sticking.
9. While simmering, dice the zucchini (or capsicum), peel and dice the sweet potato – gently cook both in microwave for about 2 minutes or until tender (or steam lightly for 5 minutes).
10. Drain and rinse the can of mushrooms, cut up if desired.
11. After the 20 minutes simmer time, check the rice is cooked through – if not, simmer for a further 5 minutes. Then add all the vegetables.
12. Take off the heat and sit for 5 minutes with the lid on.
13. Stir through the parmesan cheese, season to taste with pepper and serve.