

Epping
Forest

foodbank



LEMON

RISOTTO

SERVES 2



LEMON RISOTTO

Ingredients

150g rice

2 tsp oil

300ml chicken stock

1 tin of peas

½ tin of spinach

1 lemon

Salt and pepper



LEMON RISOTTO



Recipe

- 1 | In a saucepan, heat the oil on a low heat. Add the rice, turn up the heat and fry for 3 mins.
- 2 | Add a little of stock, and stir. Then add a little more.
- 3 | When it has absorbed, add a splash more, and repeat until the stock is two-thirds empty until the rice starts to swell.
- 4 | Add the rest of the stock and the juice from the lemon.
- 5 | Add the peas and spinach, and stir well.
- 6 | Season and stir again. Serve.

LEMON RISOTTO

Cost

Rice - 6p

Oil - 2p

Chicken Stock - 5p

Peas - 40p

Spinach - 65p

Lemon - 30p

TOTAL - £1.48

