# Beetroot risotto

SERVES: 4 | PREP TIME: 10 minutes | COOK TIME: 20 minutes | APPROXIMATE COST: £4

## INGREDIENT



300g cooked beetroot
1 vegetable stock cube
600ml water
2 tbsp olive oil
1 tbs butter
1 onion, finely chopped
2 garlic cloves, finely chopped
200g risotto rice
1 large sprig thyme
100ml dry white wine, optional
small bunch fresh parsley, finely chopped
small bunch fresh dill, finely chopped (optional)
squeeze lemon juice (optional)
salt and freshly ground black pepper

**To garnish**

50g/1¾oz Parmesan

## METHOD

1. Place half the beetroot in a food processor and blend until smooth.
2. Place into a saucepan with the water and stock cube and bring to a simmer.
3. Finely chop the remaining beetroot and leave to drain in a colander.
4. Heat the oil and half the butter in a large saucepan. Add the onion and fry gently until very soft. Add the garlic and cook for 2–3 minutes.
5. Stir in the risotto rice and thyme until coated in the oil and butter
6. Turn the heat to high and pour in the wine, if using. Cover with a lid.
7. Cook for 1–2 minutes.
8. Turn the heat down to medium and add a ladleful of the beetroot stock.
9. Season with salt and pepper.
10. Stir continuously until the liquid has been absorbed.
11. Repeat until all the stock has been added. At this point the rice will have a creamy texture but still be al dente.
12. Let the risotto rest for 5 mins before serving to allow all the flavours to melt into each other.

## HANDY TIPS:

If using raw beetroots, these need to be cooked or baked in the oven until tender