

## **Italian Leek and Mushroom Risotto**

### **Ingredients**

25g unsalted butter

1 tablespoon olive oil

½ onion, finely chopped

1 clove garlic, finely chopped

1 leek (white only), chopped

50g chestnut mushrooms, chopped

100g Loprofin Rice

350ml hot vegetable stock – check protein content on label

1 tablespoon parsley, chopped

Salt and freshly ground black pepper

### **Method**

1. Heat the butter and oil in a saucepan over a medium heat.
2. Add the onion, garlic, leek and mushrooms and fry for 2 minutes, until soft.
3. Add the Loprofin Rice to the pan and stir for a further minute.
4. Add stock and stir well, bringing to the boil.
5. Reduce heat, cover and simmer for 15 minutes - stir frequently during cooking to prevent the rice sticking to the pan.
6. During cooking, check the stock is not reducing too much; add a little extra if the risotto becomes too dry.
7. Season to taste with salt and freshly ground black pepper.
8. Spoon onto a warm serving plate and sprinkle with parsley.

### **Note**

Add 50ml low protein milk at Step 4 to make the risotto creamy.

This recipe was provided by Nutricia



*National Centre for Inherited Metabolic Disorders*

