

Vegetable Risotto

Ingredients

420g/14oz “free” vegetables

2 tablespoons olive oil

120g/4oz Loprofin Rice

325ml vegetable stock, hot – check protein content on label

1 tablespoon tomato ketchup – check protein content on label

Salt and pepper, to taste

Method

1. Peel and trim the vegetables. Cut into bite-sized pieces.
2. Heat the oil in a large frying pan. Add the vegetables and stir-fry for 1-2 minutes.
3. Add the Loprofin Rice to the pan and stir-fry for a further minute.
4. Add the stock and tomato ketchup to the pan and stir well. Bring to the boil.
5. Reduce the heat, cover and simmer for 15 minutes. Stir frequently during cooking to prevent the rice sticking to the frying pan.
6. During cooking, check that the stock is not reducing too much. Add a little extra if the risotto becomes too dry. Adjust the seasoning to taste before serving.

This recipe was provided by Nutricia

National Centre for Inherited Metabolic Disorders