



Baked vegetable risotto (OP I)

Serving: 1

Veg

Ingredients

- 1 tsp olive oil
- 1/4 cup chopped onion
- 1/4 cup chopped mushrooms
- 1/4 cup chopped bell peppers
- 1/4 cup chopped spinach
- 1/4 cup chopped tomatoes
- 1/4 cup cooked brown rice
- salt and pepper to taste
- 1 tbsp cheese
- 1/4 cup low fat milk
- chopped coriander for garnish

Preparation Method

- Heat the olive oil in a broad non-stick pan, add the onions and sauté on a medium flame for 1 minute.
- Add the capsicum and mushrooms, mix well and sauté on a medium flame for 2 minutes. Then add tomatoes and spinach, sauté for a minute.
- Add the rice, milk, salt and pepper, mix well and cook on a medium flame for 3 to 4 minutes, mash it lightly using a potato masher.
- Pour the mixture into a greased baking dish and sprinkle cheese evenly over it.
- Bake in a pre-heated oven at 200°C (400°F) for 5-7 minutes or till the cheese melts.
- Serve immediately. Garnish with coriander.