



Spicy Vegetable Risotto (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- $\frac{1}{4}$ cup broken wheat (dalia)
- 3 tbsp finely chopped onion
- 2 tbsp finely chopped red capsicum
- 2 tbsp finely chopped green capsicum
- $\frac{1}{4}$ cup finely sliced mushrooms
- $\frac{1}{4}$ cup brinjal cubes
- 2 tbsp finely chopped zucchini
- 2 tbsp boiled green peas
- 2 tbsp finely chopped & par-boiled carrot
- $\frac{1}{2}$ cup low fat milk
- $\frac{1}{2}$ tbsp grated cheese
- $\frac{1}{2}$ tsp dried mixed herbs
- $\frac{1}{2}$ tsp oil or olive oil
- Salt to taste
- **To be ground into a chilli - garlic paste**
- 1 clove of garlic (lehsun)
- 1 no. whole dry Kashmiri red chilli

Preparation Method

- 1. Clean, wash and soak the bulgar wheat. Drain the water and keep aside.
- 2. Heat the olive oil in a non-stick pan and saute the onion till they are translucent.
- 3. Add the capsicum, mushroom, brinjal, zucchini, boiled green peas, par boiled carrot and prepared chilli-garlic paste and saute on medium flame for 2 to 3 minutes.
- 4. Add the bulgar wheat, water and salt and cook till all the water is absorbed.
- 5. Add the milk, cheese and dried herbs and allow to simmer for some more times. Serve hot.