



Italian Vegetable Risotto (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- -3 tbsp soaked and drained broken wheat (dalia)
- -3 tbsp finely chopped onion
- - $\frac{1}{2}$ cup finely chopped and blanched mixed vegetables (french beans, cauliflower carrot etc)
- - $\frac{1}{4}$ cup chopped capsicum
- - $\frac{1}{4}$ cup thinly sliced mushrooms
- -1 tsp dried mixed herbs
- -1 tsp olive oil
- -Salt to taste

Preparation Method

1. Heat the oil in a non-stick pan and saute the onions till they are translucent.
2. Add the capsicum, mushrooms, peas and carrots and saute on a medium flame for 2 to 3 minutes.
3. Add the broken wheat, water and salt and cook till the water is absorbed.
4. Add the dried mixed herbs and cook for 1 minute. Serve hot.