

Crispy Serrano & Rocket Risotto with Parmesan cheese

One of our favourite things about Italian cooking is that every dish can be adapted for every season and the produce available. This risotto is a perfect example; light and fresh and finished off with delicious crispy serrano ham.



Prep: 10 mins Cook: 35 mins Total: 45 mins



level 1



low sodium



gluten

Pantry Items





Boiling Water





Vegetable Stock



















Arborio Rice

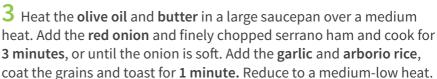
Rocket Leaves

2P	4P	Ingredients		Ingredient features in another recipe			
1 cube	2 cubes	vegetable stock, crumbled					
1 L	2 L	boiling water *		* Pantry Items			
1 packet	2 packets	serrano ham		r array recirio			
2 tsp	1 tbs	olive oil *		Pre-preparation			
1 tsp	2 tsp	butter *					
1/2	1	red onion, finely chopped	1	Nutrition per			
1 clove	2 cloves	garlic, peeled & crushed	#	Energy Protein	2740 27.4	,	
1 packet	2 packets	arborio rice, rinsed well		Fat, total	22.7	g g	
½ packet	1 packet	green beans, trimmed & cut into 1 cm lengths		-saturated	14.7	g	
½ block	1 block	Parmesan cheese, finely grated (recommended amount)		Carbohydrate	5	g	
½ bag	1 bag	rocket leaves, washed	1	-sugars	3.9	g	
O		,		Sodium	411	mg	



You will need: chef's knife, chopping board, garlic crusher, sieve, fine grater, medium saucepan, large saucepan, wooden spoon, ladle and oven tray lined with baking paper.

- 1 Preheat the grill to a medium heat.
- 2 Add the **vegetable stock** and the **boiling water** to a medium saucepan and place over a low heat to keep warm. Set aside two slices of **serrano ham** and finely chop the remaining slices.





4 Add the simmering stock to the rice mixture, 1 cup at a time, and stir continuously until the stock has been absorbed. Repeat this process for approximately 25-30 minutes or until all the stock has been absorbed and the rice is cooked 'al dente'. Add the green beans

been absorbed and the rice is cooked 'al dente'. Add the **green beans** with the last cup of stock and stir until the stock has absorbed. Remove from the heat and stir through the **Parmesan cheese** and half of the **rocket**. Season generously with **pepper**.

Tip: Never leave risotto on the stove and walk away. The continuous stirring takes patience, but it's absolutely worth it in the end.



- **5** Meanwhile, place the reserved serrano ham slices under the grill on a lined oven tray and cook for **5 minutes** or until crispy. Break into small shards.
- 6 To serve, divide the serrano ham and rocket risotto between bowls and garnish with remaining rocket and crispy serrano shards.

