



## Microwave risotto primavera

**PREP: 5 MINS    COOK: 20 MINS    EASY    SERVES 4**

A classic recipe with a cheat's method – just pop this in the microwave for speedy results. It's high in fibre and folic acid, and low in fat

### ***Ingredients***

350g risotto rice  
100g pack asparagus tips  
handful of mint leaves, roughly torn  
175ml white wine  
850ml hot vegetable stock  
500g frozen pea and bean mix  
100g soft goat's cheese, or vegetarian alternative

### **Method**

Measure the rice into a large microwaveable bowl, then pour in the wine and a third of the stock. Cover with cling film, then microwave on High for 10 mins. Stir the rice, then add another third of the stock, re-cover and microwave again for 3 mins.

Stir the rice again, then add the frozen veg, asparagus and the rest of the stock. Re-cover and microwave for 7 mins. Stir in the cheese and mint, then leave the risotto to stand for 2 mins before serving.

*Recipe from Good Food magazine, [May 2007](#)*

### **Tips and suggestions:**

- Perhaps use a med microwave setting and check and stir more often, until you have the hang of it. Be careful if you have a high wattage microwave.
- Added a teaspoon of pesto per person as well as the goats - tasted lovely.
- Would be great with bacon too.