



Edible Gems Borlotti Bean and Mushroom Risotto

Ingredients

3 chicken stock cubes
3-4 litres water
4 tablespoons olive oil
1 diced onion
1 clove garlic crushed
6 sliced mushrooms (use field mushrooms or dried porcini for the best flavour)
1 cup Arborio rice
300 g pack Edible Gems Borlotti Beans, cooked according to instructions on pack
½ cup of grated parmesan cheese
¼ cup chopped fresh parsley
Freshly ground black pepper



Instructions

In its own pot, place 3 chicken stock cubes in 3 or 4 litres of water and bring to a boil.

Heat olive oil in a non-stick or cast iron pot, fry onion until translucent, then add garlic and mushrooms. Fry until brown or caramelised. Add Arborio rice, stir until coated in oil. Add borlotti beans and 2 ladles of hot chicken stock. Stir through and allow liquid to almost evaporate, then add 2 more ladles of chicken stock. Continue the same process until rice is cooked, about 20 minutes. Remove from the stove; add parmesan cheese and fresh parsley. Season with pepper to taste. Serve immediately.

Serves 4.

Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack)

For stockists, visit: www.ediblegems.com.au

