

# TOMATO AND RED PEPPER RISOTTO



A simple, Mediterranean-inspired risotto.

-  Serves 2
-  Prep 10 minutes
-  Cook 20-25 minutes



## Each 390g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
<b>385</b>	<b>56.3g</b>	<b>3.4g</b>	<b>12.4g</b>	<b>11.5g</b>	<b>3.6g</b>	<b>13.9g</b>	<b>1.1g</b>	<b>4</b>

## Ingredients

1 tbsp rapeseed oil

1 small onion, finely chopped

100g risotto rice

400g tin plum tomatoes, juice and flesh puréed

150ml low-salt vegetable stock

1 tbsp fresh Parmesan cheese, grated

400g tin pimentos, drained and flesh sliced

freshly ground black pepper

## Method

### Step 1

Heat the oil in a non-stick pan. Add the onion and fry for 2-3 minutes until softened.

### Step 2

Stir in the rice and coat in the oil. Pour in the tomatoes and stock, bring to the boil and simmer gently for 15-20 minutes, stirring continuously, until the rice is just tender.

### Step 3

Stir through the remaining ingredients, season well, heat through and serve.

## Recipe tips

- ✓ Keep a kettle of boiling water handy. If the risotto starts to stick you can add a dash of water. As long as you use boiling water, it won't stop the rice from cooking as you add it.
- ✓ Stirring a risotto constantly during cooking helps make it more creamy.
- ✓ Freezing instructions: Suitable for freezing once cooked. Chill quickly. Defrost in the fridge and reheat thoroughly until piping-hot throughout. Eat immediately and discard any leftovers.