



EASY PEASY PROSCIUTTO RISOTTO



Method:

1. In a pan, add olive oil, onions and garlic then sauté over medium heat for 2-3 minutes or until soft. Add capsicum and celery to the pan and cook for a further two minutes. Once both the onion and capsicum are fragrant and translucent in colour, add the rice to the pan, stir until combined and cook for 1 minute.
2. Gradually add stock to rice and continue stirring over medium-low heat until the rice has absorbed all the stock and is tender but not too soft (mushy).
3. Blanch peas for one minute in boiling hot water and then drain. Add half the peas and half the spinach into a blender and blend until smooth.
4. Combine the green pea and spinach puree along with the whole green peas, spinach and prosciutto to the risotto and stir through.
5. Season with black pepper and add a little grated parmesan to stir through the dish. Serve onto shallow plates and serve topped with extra grated Parmesan and chopped parsley.

Ingredients:

- 1 tablespoon of olive oil for cooking
- 2 cloves garlic, crushed
- 1 onion, finely diced
- 2 celery sticks, sliced
- 1 red capsicum, diced
- 1 ½ cup arborio rice
- 5 cups of reduced salt vegetable or chicken stock
- 1 cup green peas, frozen
- 2 large handfuls of baby spinach leaves
- 100 g prosciutto, fat removed and diced
- Parmesan and chopped parsley to serve

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	1860 kJ
Protein	15 g
Fat	9 g
Carbohydrate	72 g
Sodium	1070 mg
Fibre	6 g

HOT TIPS



This meal provides good amounts of protein and carbohydrate to kick start the recovery process after a training session. Green peas are loaded with antioxidants and anti-inflammatory nutrients. They are also a great source of Vitamin A, K, folate and fibre.