

Date Prepared

Baked Mushroom Risotto



GEORGES RIVER
LIFE CARE

NUTRITIONAL INFORMATION

Serves 6

Energy	2279kJ
Fat saturated	8g
Fat Total	14g
Carbohydrate	84g
Dietary Fibre	3g
Protein	15g

INGREDIENTS

- 3.5 cups chicken liquid stock
- 50g butter
- 400g mixed mushrooms, sliced (see note)
- 1 medium brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 cups arborio rice
- 1/3 cup chopped fresh chives
- 1/3 cup finely grated parmesan cheese

FREEZING INFORMATION

To freeze: Cool completely. Freeze in an airtight container for up to 3 months. To reheat, thaw, add a drizzle of olive oil or teaspoon of butter then bake y in oven preheated to 180C until heated through.

METHOD

1. Preheat oven to 180°C/160°C fan-forced. Place stock and 1 1/2 cups cold water in a saucepan. Bring to the boil over high heat. Reduce heat to low. Simmer, covered, until needed.
2. Melt half the butter in a flameproof dish over high heat. Add mushroom. Cook, stirring, for 3 to 4 minutes or until browned. Transfer to a plate. Reduce heat to medium. Melt remaining butter in pan. Add onion and garlic. Cook, stirring, for 2 to 3 minutes or until softened. Add rice. Cook, stirring, for 1 minute. Add half cup of stock. Bring to the boil. Cook, stirring, for 2 minutes or until liquid has almost evaporated..
3. Stir in stock mixture and mushroom. Cover tightly with foil. Transfer to oven. Bake, stirring occasionally, for 25 minutes. Remove foil. Bake for 5 minutes or until liquid has absorbed and rice is tender. Stir in chives and cheese. Serve. Stir the egg into the risotto mixture. Spoon into the prepared pan. Sprinkle with the remaining parmesan. Bake for 35-40 minutes or until firm.