



Beetroot and Herb Risotto

Ingredients:

- 1 1/2 - 2L vegetable or chicken stock
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1-2 celery sticks, finely chopped
- 2 garlic cloves, finely chopped
- 350g risotto rice
- 20 bay leaves
- 6 sprigs thyme
- 1 handful of parsley, finely chopped
- 1 handful of dill, finely chopped
- dandelion leaves, up to a handful, finely chopped
- 3-4 medium beetroot, peeled and grated (or cut into 3cm cubes, and pre-baked with olive oil in a medium oven)
- salt and pepper to taste
- natural yoghurt, for serving
- chives, as a garnish

Method:

1. Pour the stock into a medium-sized pot, put a lid on it and heat it to just under boiling point. Take the stock off the heat and set aside in a large bowl.
2. Heat the heavy-based saucepan, pour in the olive oil, then add the onion, celery and garlic. Stir-fry for 2-3 minutes, stirring consistently with a wooden spoon.
3. Add the rice and stir for 1 minute. Then add the bay leaves and thyme.

Notes