

Spring Pea and Mint Risotto with pink veined Kale chips

Ingredients

- 2 cups mint leaves, picked and roughly chopped
- 1 tsp salt
- 1 tbsp olive oil
- 75 g unsalted butter, chopped
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 1/3 cup dry white wine
- 2 cups arborio rice
- 1½ litres hot chicken stock
- ½ cup finely grated Parmesan
- 1 cup fresh or frozen peas, thawed
- 200 g sugar snap peas, trimmed, blanched and halved
- sea salt and cracked black pepper
- 15 large pink veined kale leaves + 2 Tbls olive oil and ½ tsp salt

Method

- With a mortar and pestle, pound the mint and salt into a rough paste. Add the oil, stir to combine and set aside.
- Melt 25 g butter in a saucepan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 4 to 5 minutes or until softened.
- Add the wine and cook for 2 minutes. Add the rice and cook, stirring, for 1 to 2 minutes. Add the stock, 1 cup at a time, adding more once absorbed. Cook, stirring, for 20 to 25 minutes or until the rice is al dente.
- Remove from the heat and stir through the remaining ingredients. Top with sour cream and mint leaves to serve.
- **KALE CHIPS:** REMOVE stems and cut the kale leaves in half. Wash them in cold water and spin dry, but also pat dry with a clean towel. In a large bowl, massage the oil into the leaves and sprinkle with salt. Bake on flat trays in the oven until golden and crisp. About 7-10 mins at 180oC fan forced.
- **NB** The wine, if using, is cooked and any alcohol content is removed.