



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Pretend Risotto

Ingredients

2 cups leftover rice
½ cup stock or leftover white wine
1 clove garlic
1 small onion diced
Fresh ground black pepper
Salt to taste
½ to ¾ cup cooked sliced mushrooms, leftover chicken, peas, zucchini, pumpkin etc
(whatever you have available)

½ bunch fresh basil or parsley
1 tablespoon olive oil
Zest and juice of one lemon (optional)
½ cup grated parmesan cheese

Preparation

Fry onions until golden, add garlic and fry for another minute.
Add stock or wine and a grind of pepper, stir until simmering.
Add cooked rice, meat or vegetables (whatever you have) and cover with a lid.
Turn heat down and steam for 5 minutes
Remove lid and stir well over heat to cream slightly.
In a blender or food processor blend basil or parsley with olive oil. Stir through the rice with
grated parmesan and serve.

