



Kale Risotto with Parmesan

Serves 4

Preparation time: 10 minutes

Cooking time: 30-35 minutes

- 1 tbsp oil
- 1 onion, chopped
- 350g risotto rice
- 4 tbsp white wine
- 1 litre chicken or vegetable stock
- 200g shredded kale
- 50g Parmesan cheese, grated

Method:

Heat the oil in a large frying pan and fry the onion for 2-3 minutes. Add the rice and fry for 1 minute. Add the wine and reduce by half.

Gradually add the stock a little at a time until the rice is tender and the liquid has been absorbed, which will take about 20-25 minutes.

Meanwhile, steam the kale for 5 minutes and add to the risotto with the Parmesan. Stir well and serve with roasted chicken.

Nutritional information:

- 480kcal
- 23g protein
- 10g fat (of which 3g saturated fat)
- 75g carbohydrate (of which 2.5g sugars)
- 1.5g salt
- 2g fibre