

Beetroot and Carrot Risotto

Ingredients:

2 fresh beetroots

2 carrots

1 onion, diced

2 cloves garlic, crushed

1 ½ cups arborio rice

1 litre vegetable stock

Parmesan to serve

What to do:

- 1) Peel the beetroot and carrot. Preheat oven to 200c.
- 2) Put stock on the stove to heat and bring to boil.
- 3) Dice 1 carrot and 1 beetroot and arrange on a roasting pan with a drizzle of oil. Roast in the oven for ten mins until tender.
- 4) Prepare onion and garlic, heat oil in a large pot and saute onion and garlic until tender.
- 5) Grate remaining carrot and beetroot.
- 6) Pour rice into pot and stir constantly for two mins. Add beetroot and carrot and stir through.
- 7) With a ladle add 2-3 ladles of hot stock to rice and stir until absorbed.
- 8) Continue adding stock and stirring, making sure the risotto isn't catching on the pot.
- 9) Once rice is tender, stir through roasted beetroot and carrot.
- 10) Garnish with fresh chopped herbs and serve with parmesan.