

Duo of avocado, green pea & roasted beetroot risotto with basil oil

Recipe by Chef Jason Ford

- 25ml olive oil
- 1 garlic clove, crushed
- ½ onion, finely diced
- 100ml dry white wine
- 175g arborio rice
- 850ml chicken or vegetable stock, hot
- 100g frozen peas
- 100g beetroot (whole roasted and peeled)
- 50g avocado (diced)
- 25g parmesan, grated
- salt and pepper
- 30g pea shoots
- extra-virgin olive oil, to drizzle



Method

1. Fry onion with olive oil in a saucepan until tender, add garlic and cook for 1 more minute.
2. Meanwhile, puree 50g peas into a food processor with a 50ml stock.
3. Dice 50g of roasted beetroot and blend the remaining 50g beetroot with 50ml stock.
4. Add rice to the onion, increase heat and sizzle the rice for 1 min. Add the wine, then simmer until completely absorbed.
5. Continue ladles of stock one at a time, allowing it to absorb and stirring continuously until the rice is tender and has a good creamy consistency.
6. Split the cooked rice into two separate saucepans.
7. Stir in the pureed peas, and the remaining whole peas and avocado dice into one saucepan. Then stir beetroot puree and diced beetroot into the other saucepan.
8. Add parmesan to both saucepans and season with salt and pepper.
9. Serve both flavours of risotto side-by-side in shallow bowls and top with some pea shoots and a drizzle of olive oil.

Serves 4