

Green pea and avocado risotto

25ml olive oil
1 garlic clove, crushed
½ onion, finely diced
100ml dry white wine
175g arborio rice
850ml chicken or vegetable stock, hot
200g frozen peas
100g avocado (diced)
25g parmesan, grated
salt and pepper
30g pea shoots
extra-virgin olive oil, to drizzle

1. Fry onion with olive oil in a saucepan until tender, add garlic and cook for 1 more minute.
2. Meanwhile, puree 100g peas into a food processor with a 100ml stock.
3. Add rice to the onion, increase heat and sizzle the rice for 1 min. Add the wine, then simmer until completely absorbed.
4. 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.
5. Stir in the puréed peas, and the remaining whole peas and avocado dice.
6. Add parmesan and season with salt and pepper.
7. Serve in shallow bowls and top with some pea shoots and a drizzle of olive oil.

Serves 4.

