

## Lemon, pea & basil risotto

*GF WF SoF*

**SERVES 4**

**PREP TIME:** 10 MINS **COOK TIME:** 30 MINS

A light risotto that tastes of spring. In season, add thinly sliced asparagus or ribbons of courgette, podded and shelled broad beans, sugar snap peas or even edamame beans.

3 tablespoons olive oil  
1 onion, finely diced  
2 cloves of garlic, finely diced  
350g risotto rice  
125ml vegan white wine  
1.15 litres hot vegan vegetable stock  
(see page 140 for homemade)  
150g frozen peas  
zest of ½ lemon  
leaves from 3 sprigs of fresh basil, finely chopped  
1 tablespoon nutritional yeast (optional)  
a large handful of pea shoots or sprigs of watercress  
(any thick stems removed)  
3 tablespoons toasted pine nuts  
salt and freshly ground black pepper

1. Heat 1 tablespoon of the oil in a large heavy-based pan over a medium heat. Add the onion and a pinch of salt and fry gently until translucent, but not brown. Add the garlic and cook, stirring, for 1 minute. Add another tablespoon of the oil and continue to cook for 1 minute, then mix in the rice. Cook, stirring, until the rice is well coated in the oil and beginning to become translucent.
2. Pour in the white wine. Stir again and allow the wine to bubble away and be absorbed by the rice. Slowly add the hot stock, one ladleful at a time, stirring frequently and waiting until the last ladleful has been absorbed before adding the next. Cook until the rice is creamy but still retains a little bit of bite; you may not need all the stock.
3. While the rice is cooking, place the peas in a pan of boiling water. Bring back to the boil, then drain. Transfer to a food processor or blender and blitz to

a coarse purée or crush with a potato masher.

4. When the risotto is cooked, remove from the heat and add the puréed peas, the remaining oil, the lemon zest, chopped basil and yeast, if using, and season with salt and pepper. Stir well and check the seasoning. Serve in shallow bowls, topped with the pea shoots or watercress and the toasted pine nuts.