



Pea & vermouth grain 'risotto

READY IN



40 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp marigold swiss vegetable bouillon powder
- ☐ 3 pouches pasta (see tip)
- ☐ 85 g butter unsalted
- ☐ 1 shallots finely chopped
- ☐ 1 garlic clove crushed peeled finely chopped
- ☐ 1 celery stalks diced finely
- ☐ 75 ml mirin dry white (such as Martini)
- ☐ 200 g pea-mond dressing frozen
- ☐ 4 tbsp parmesan finely grated

☐ 1 small handful parsley fresh chopped

Equipment

☐ frying pan

☐ sauce pan

☐ wooden spoon

☐ tongs

Directions

☐ Bring 1 litre/1 pints water and the bouillon powder to the boil in a large saucepan.

☐ Add the pouches of wheat grain, tamping them down into the liquid with a wooden spoon. Cover the pan and boil over a medium heat for 18 minutes.

☐ Meanwhile, melt 50g/2oz of the butter in a medium-sized frying pan over a low-medium heat. Tip in the shallot, garlic and celery, and gently fry for about 5 minutes, stirring occasionally, until the vegetables have softened a little but haven't coloured.

☐ Pour in the vermouth, turn up the heat and bubble until it has almost disappeared. Set the pan aside.

☐ Remove the pouches of wheat grain with a pair of tongs and leave them to drain. Tip the peas into the stock remaining in the saucepan and simmer them for 2 minutes or until hot.

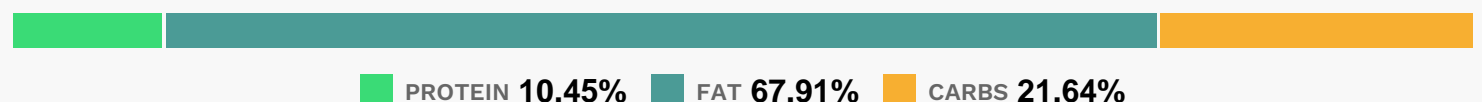
☐ Drain off the stock, reserving it, and leave the peas in the pan.

☐ Cut open the pouches and tip the wheat grain into the peas, then scrape in the contents of the frying pan.

☐ Add the parmesan, parsley and the remaining butter, and season with plenty of black pepper it's unlikely you'll need more salt. Return the saucepan to a low heat and stir thoroughly until the cheese has melted and the 'risotto' is a loose, creamy mass, adding a spoonful or two of the reserved stock if required.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:5.3591304551%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172.82kcal (8.64%), Fat: 12.7g (19.53%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.76g (2.46%), Sugar: 1.76g (1.96%), Cholesterol: 32.89mg (10.96%), Sodium: 491.16mg (21.35%), Alcohol: 1.2g (100%), Alcohol %: 2.13% (100%), Protein: 4.4g (8.79%), Folate: 73.5µg (18.37%), Vitamin K: 12.84µg (12.23%), Manganese: 0.2mg (10.24%), Fiber: 2.34g (9.37%), Phosphorus: 88.97mg (8.9%), Vitamin A: 444.42IU (8.89%), Magnesium: 22.39mg (5.6%), Iron: 1mg (5.57%), Calcium: 55.7mg (5.57%), Vitamin B1: 0.08mg (5.14%), Copper: 0.1mg (5.07%), Zinc: 0.58mg (3.84%), Selenium: 2.67µg (3.82%), Potassium: 128.99mg (3.69%), Vitamin E: 0.47mg (3.16%), Vitamin B6: 0.06mg (3.15%), Vitamin B2: 0.04mg (2.44%), Vitamin B5: 0.2mg (1.97%), Vitamin C: 1.53mg (1.85%), Vitamin D: 0.23µg (1.53%), Vitamin B3: 0.3mg (1.51%), Vitamin B12: 0.08µg (1.35%)