Recipe © Rosemary Conley Enterprises

CREAMY RISOTTO STUFFED MUSHROOMS

Serves 4
Per serving: 133 calories
Protein: 5.2g
Carbohydrate: 25.0g
Fibre: 2.5g

Prep time: 10 mins
Cook time: 25 mins

INGREDIENTS

4 large mushrooms
1 onion, finely diced
1 garlic clove, crushed
100g Arborio risotto rice
1 tbsp dry sherry
500ml vegetable stock
50g frozen petit pois
30g low-fat natural Greek yogurt
Freshly ground black pepper
Fresh basil, to garnish
A little soy sauce (optional)

METHOD

1. Preheat the oven to 200˚C, 400˚F, Gas Mark 6.

2. Carefully remove the stalks from the mushrooms and chop the stalks finely. Place the mushroom caps bottom-side up on a non-stick baking tray and set aside.

3. Heat a non-stick pan and dry-fry the onion and garlic until soft. Add the chopped mushroom stalks and the rice and sherry. Gradually add the vegetable stock a little at a time, allowing the rice to absorb the stock before adding more (this will take between 15 and 20 minutes). Once all the liquid has been added, stir in the peas.

4. Meanwhile, place the baking tray of mushrooms in the preheated oven and bake for 10 minutes.

5. Remove the risotto from the heat and allow to cool for a minute. Fold in the Greek yogurt and season with freshly ground black pepper.

6. Fill the mushrooms with the risotto mixture. Serve hot or cold, garnished with fresh basil. For extra flavour, sprinkle a little soy sauce over the mushrooms.

