

Vegan and Gluten Free Mushroom Risotto

Ingredients:

1 tbsp Olive oil
1 Shallot or 1/2 white onion, diced
3 Garlic cloves minced
100 g Button mushrooms thinly sliced
100 g Risotto rice
500 ml Vegetable stock
1/2 tbsp White wine vinegar
4 tbsp Nutritional yeast flakes
Fresh parsley to serve
Salt and pepper to taste

1. Heat the olive oil in a large saute pan. Add the shallot and garlic and cook on a medium-low heat until softened.
2. Add the mushrooms and cook for a further minute.
3. Stir in the risotto rice and immediately pour in the stock and vinegar. Bring to a boil then reduce to a simmer for approximately 30 minutes or until all the liquid has been absorbed and the rice is cooked. Add more hot water, if necessary.
4. Once cooked, stir in the nutritional yeast, stir in a handful of chopped fresh parsley and season with salt and pepper.

Chefs Notes:

White wine vinegar adds extra flavour but it still works well without it.

Nutritional yeast adds a cheesy flavour but again, still works well when left out.