

# MUSHROOM RISOTTO

**Time: 30 minutes**

**Serves: 8**

### Ingredients:

40g avocado oil or other neutral-flavoured cold-pressed oil  
200g onions - diced  
4 cloves garlic - finely chopped  
250g mushrooms - chopped  
400g carnaroli rice  
900g chicken or vegetable stock  
15g salt  
1.5g dried parsley or 3g fresh

### Preparation:

Place your pressure cooker on medium-high heat.

Add the oil, onions, and garlic. Cook, stirring occasionally for five minutes.

Add the mushrooms, stirring occasionally for three minutes.

Add the rice, stirring occasionally for three minutes.

Stir in the stock.

Seal the lid, increase heat to high if using a stove-top cooker, and cook for seven minutes at high pressure once pressure is reached, adjusting heat as required.

Safely release pressure and remove the lid.

Stir in salt and parsley.

Serve immediately.

### Nutritional Information Per Serving:

Calories: 235	<b>Hand-Size Portion Guide</b> Palms of Protein: 0 Fists of Vegetables: 0
Fat: 5g	
Carbs: 42g	

Fibre: 3g Protein: 5g	Cupped Hands of Carbs: 2 Thumbs of fat: 0
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