



Ingredients

4 cups salt-reduced vegetable stock,
2 tablespoons extra light olive oil,
1 small onion, chopped,
1 clove garlic, finely chopped,
1½ cups Arborio rice,
1/3 cup dry white wine,
250g artichoke hearts, sliced,
Salt and cracked pepper, to taste

Pesto

1 cup firmly packed basil leaves,
¼ cup pine nuts, toasted,
2 cloves garlic,
½ cup oil,
½ cup parmesan cheese,
Salt & cracked pepper to taste,



Method

1. Place pesto ingredients in blender and process until mixture forms a coarse paste. Set aside.
2. Heat vegetable stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil in a pot on medium heat; add onion and sauté until soft. Add garlic and sauté until cooked.
3. Add rice and coat well in oil until rice is hot. Add wine and enough chicken stock so the rice is covered in the liquid.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Keep stirring not allowing rice to stick to base of the pan.
5. When the rice is almost cooked add the artichoke hearts. Add extra stock if necessary. Simmer until rice is cooked.
6. Season with salt and cracked pepper. Stir well.
7. Add pesto mixture and heat through. Remove from heat and place in bowls. Garnish with fresh basil.

Serves 4

