

Artichokes & Tuna Risotto with Baby Peas



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 cups salt-reduced vegetable stock,
2 tablespoons extra light olive oil,
1 small onion, chopped,
2 cloves garlic, finely chopped,

1½ cups Arborio rice,
1/3 cup dry white wine,
Zest & juice from 1 lemon,

200g artichoke hearts, sliced,
1 cup baby peas, frozen,
250g canned tuna in oil,

½ cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
¼ cup parsley, chopped,



Method

1. Heat vegetable stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil and butter in a pan on medium heat; add onion and garlic. Sauté until soft.
3. Add rice and coat well in oil mixture until rice is hot. Add wine, lemon juice & zest and enough vegetable stock so the rice does not dry and stick to base of pan.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Continue to stir, not allowing rice to stick to base of the pan.
5. When rice mixture is creamy and rice is almost cooked, add artichoke hearts, tuna and peas. Add extra stock if necessary. Simmer for a few minutes to infuse flavours.
6. Add parmesan cheese and parsley. Season with salt and cracked pepper. Stir well and remove from heat.

Serves 4-6

