

Baked Beef Risotto

Recipe Reference: www.ais.gov.au/nutrition/recipes/baked_beef_risotto

Ingredients

- oil for cooking
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp Hot Chilli Sauce of your preference
- 100g button mushrooms, chopped
- 350g lean beef mince
- 1½ cups arborio 'risotto' rice.
If you do not have arborio, you can use short grain rice varieties, however this may change the texture.
- 4 cups beef stock, look to use reduced-salt alternatives, or you can use half stock and half water.
- 150g green beans fresh or frozen, trimmed and chopped
- 400g Kūmara, cut into 1cm cubes

Optional ingredients for flavour

- 1 tbsp finely grated parmesan cheese
- 3 tbsp coarsely chopped basil
- Freshly ground black pepper, to taste

Directions

Step 1

1 Preheat the oven to 180°C.

Step 2

Heat oil in a medium non-stick frying pan over medium heat. Add onion, garlic, Hot Chilli Sauce, mushrooms, and mince and cook for about 5–8 minutes or until browned.

Step 3

Add rice. Stir in the stock, beans and kūmara and bring to boil. Transfer to a 6-cup-capacity baking dish.

Step 4

Cover and bake for 20 minutes.

Step 5

Remove cover, stir risotto well and return to the oven to cook, uncovered, for a further 10 minutes or until rice is tender and the stock has been absorbed.

Step 6

Stir through cheese and basil and season with pepper. Top tip: Layer sliced cheese on your baguette for a cheesy meatball sandwich.

Enjoy!

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