

# Delicious Dinners

## Easy Peasy Risotto



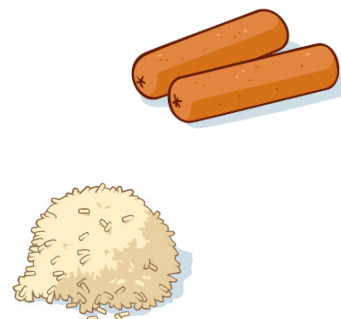
### Mushroom and Sausage Risotto

#### Ingredients:

150 grams rice  
6 sausages  
1 onion  
6 mushrooms  
1 green pepper  
Black pepper  
Tin of condensed mushroom soup

#### Equipment:

Grill and grill pan  
Knife  
Chopping board  
Pan  
Spoon  
Can Opener



#### Method:

1. Grill the sausages for 15-20 minutes, turning to ensure they are fully cooked. Set aside to cool then cut into small pieces.
2. Cook the rice according to instructions on the packet.
3. Finely chop the onion, mushrooms and pepper.
4. Over a medium heat fry the vegetables until tender.
5. Add the sausages and condensed soup to the vegetables and mix. Cook on a low heat until all components are tender.
6. Drain the rice and add to the sausages, vegetable and soup mix.
7. Season with black pepper and serve.

### Easy Cheesy Risotto

#### Ingredients:

150 grams rice  
1 vegetable stock cube  
1 onion  
1 small red pepper  
½ aubergine  
1 avocado  
½ tub low fat cream cheese  
Handful parsley  
Black pepper

#### Equipment:

Knife  
Chopping board  
Pan  
Spoon



#### Method:

1. Cook the rice according to instructions on the packet using stock instead of plain water. Drain any excess water.
2. Finely chop the onion. Dice pepper, aubergine and avocado to double the size of the onion pieces.
3. Over a medium heat fry the onions, pepper and aubergine until tender.
4. Add the vegetable mix to the cooked rice and stir.
5. Roughly chop parsley.
6. Stir through the cream cheese, parsley and black pepper.
7. Serve piping hot.