

chef PAUL COLLINS

Green Spelt Risotto with Vegetables and Baby Spinach

Prep Time: 15 Minutes

Total Cook Time: 45-50 Minutes

Ingredients: For two

150g Green Spelt

75g Leek Diced Finely

75g Carrot Diced Finely

2 Cloves of Garlic Peeled

2 Banana Shallots Diced Finely

1 Chilli Sliced Thinly

100g Baby Spinach Leaf Washed

200ml Vegetable Stock

2tbsp Olive Oil



Method:

Blanch the spelt in lightly salted water until cooked, but still with a little bite, which should take 30-35 minutes on a gentle simmer. Then drain and set aside.

Once you have all of the vegetables washed, peeled and chopped you are ready to start.

Place the olive oil in a suitable pan and allow to get hot. Add all of the vegetables at the same time and cook for 2-3 minutes, stirring to prevent burning. Add the garlic and chilli, cooking for a further 2 minutes. Season with a little sea salt.

Now add the cooked spelt and the stock and cook for another minute.

Add the picked and washed spinach, cook for 1 minute.

Serve immediately on hot plates.