

Fill your belly with this pea-packed teatime winner

# PEA-POPPIN' RISOTT-OHHH!

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SUPER YUMMY  
KITCHEN



The  
Super Yummy  
Kitchen  
Charities Charities

## YOU WILL NEED

Tick off the ingredients as you get them

- 1 tbsp oil
- 2 medium onions, finely diced
- 1 garlic clove, crushed
- 300g rice (Arborio is best, but any will do)
- 1-1.2 litres reduced salt vegetable stock
- 500g frozen peas, defrosted
- 80g spinach
- 125g reduced fat cream cheese
- 10 fresh mint, basil or parsley leaves, cut into strips, or a tsp of dried basil
- 50g of grated or shaved Parmesan (or other hard cheese)

Serves: 4-6

## START

1

Heat the oil in a large frying pan.

2

Cook onions and garlic over low heat, stirring regularly, until see-through.

3

Add rice and keep stirring! Cook for a couple of minutes.

4

Carefully add in one ladle of the stock.

5

When stock is absorbed, add another ladle and keep going until rice is cooked and most of the stock is used up, stirring all the time, then set aside.

6

Blend or mash half the peas with the spinach and 200ml of stock.

7

Add green mixture, remaining peas, cream cheese and mint leaves to the rice.

8

Warm through and serve with Parmesan.

9

Shovel up a spoonful and send it down town!

## KIDS IN THE KITCHEN

Pop in different vegetables for other veggie versions:

- SLICED LEEKS
- CUBED SWEET POTATO
- DICED COURGETTE
- CELERY

- Tear mint leaves from stalks.
- Add the peas and spinach to the blender.

- Push the button to blitz.
- Stir everything together at the end.

- Add Parmesan to finish.
- Help stir the risotto and ladle in the stock.

EAT THEM  
TO DEFEAT THEM



## FINISH

**TOOL UP**

**BLENDER**  
The ultimate veg pulveriser! Watch them get SMUSHED UP!

## POWER UP

MWAHAHA!

Do your best evil laugh as the blender blitzes!

