

Leek & Carrot Risotto with Crispy Kale

Serves 2

2 leeks, finely chopped 3 carrots, grated (or finely chopped) 1 onion, finely chopped 1 tsp oil or butter 1 clove of garlic 2 handfuls of risotto rice or any rice you have to hand	1 vegetable stock cube, dissolved in 1 litre of water or 1 litre of homemade stock Salt and pepper Low fat natural yoghurt (Optional) 2 handfuls of kale
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- Preheat the oven to 200°C/Gas Mark 6/390°F or 180°C if you're using an air fryer.
- Strip the leafy part of the kale away from the stalk. Slice the stalks thinly and put to the side, then cut the leaves into small pieces.
- Place the kale leaves on a baking tray and drizzle a little oil over each piece.
- In a large saucepan, gently heat the butter or oil then add in the finely chopped onions, garlic, leeks, carrots and sliced kale stalks.
- Fry the onion mix gently, stirring continuously on a medium heat, until they're soft and the onion is starting to turn a golden colour. Remove the pan from the heat before the vegetables brown.
- Add in the rice and stir for another few minutes before returning to the heat and pouring in a small amount of stock. Turn the heat down to a gentle simmer
- Wait for the rice to absorb the stock before continuing to add small amounts, stirring occasionally.
- Stop adding stock when the rice is cooked, then turn off the heat, put a lid on the pan and let the risotto sit for about 10 minutes. Mix in some yoghurt at this point and warm through or use the yoghurt to serve.
- Put the kale in the oven, checking it every 30 seconds until it is crisp. Sprinkle on top of the risotto.

Change it by:

1. Adding some white wine and cheese to the stock for a mature flavour.
2. Exchanging the carrot for grated squash or other root vegetables.

Write your notes for making this dish your own here
