

BROCCOLI AND LEMON RISOTTO

Equipment needed – Small knives, chopping boards, zester, large saucepan, medium saucepan, measuring cups, measuring spoons, micro plane, cup scissors, garlic crusher, juicer and 3 serving bowls.

Ingredients from the Garden –

- 2 lemons
- 900 g broccoli
- ½ cup of chopped parsley
- 16 spring onions
- 2 cloves of garlic

Ingredients from the Pantry –

- 4 cups of arborio rice
- 2 tablespoons of butter
- 13 cups of vegetable stock
- 2/3 cup of grated parmesan cheese
- ¼ cup of olive oil
- Salt and pepper
- 4 teaspoons of butter, extra

What to do –

1. Using a zester, remove the zest from the lemons, then finely chop and set aside until needed. Juice the lemon, measure out 4 tablespoons of it and set aside.
2. Finely dice the spring onions and set aside. Peel and crush the garlic and set aside.
3. Cut the broccoli into florets and finely slice the stems. Add the broccoli stems to the saucepan of stock, season with salt and pepper cover with a lid and keep on a gentle simmer.
4. Meanwhile measure out the olive oil and butter into a large heavy based saucepan and heat until foaming.
5. Add the spring onions and cook for 2 minutes. Add the garlic and cook for a further 1 minute.
6. Add 4 cups of rice and stir over a medium heat for 1 minute or until all of the grains are coated with oil and butter and the grains are glassy in appearance.
7. Add 1 ladle of the stock in with the rice and stir until all of the liquid is absorbed. Keep adding more stock like this until only 1 cup of stock is left. Keep the lid on the stock in between ladles.
8. Add the broccoli florets and the second last ladle of stock. Stir until the broccoli is tender and the liquid has absorbed. It will take about 30 minutes for the rice to cook.
9. Meanwhile, grate the parmesan cheese and set aside (2/3 cup).
10. Pick the parsley, then finely chop using a cup and scissors. Set aside until needed.
11. Remove from the heat, stir through the parsley, lemon juice, extra butter and half of the parmesan cheese.
12. Divide the risotto amongst 3 serving bowls then top with the remaining parmesan and sprinkle with the lemon rind.

Serves – 28 students