



**MICROWAVE MUSHROOM AND SPINACH
RISOTTO
SERVES 4 - READY IN 30 MINUTES**

2 garlic cloves, crushed
1 medium onion, finely chopped
2 cups Arborio* rice
3 1/2 cups chicken vegetable stock
400g flat mushrooms, roughly chopped
100g baby spinach
salt and ground black
3/4 cup finely grated parmesan

Place oil, garlic and onion in a 12-cup microwave-safe dish or rice cooker. Microwave, uncovered, on HIGH (100%) power, stirring every minute, for 2 minutes.

Stir in rice and microwave, uncovered, on HIGH (100%) power for 1 minute. Stir in 3 cups stock and cover with a lid or double layer of plastic wrap. Microwave on HIGH (100%) power for 5 minutes. Microwave on MEDIUM (50%) power for a further 5 minutes.

Carefully remove cover and quickly stir in mushrooms and remaining 1/2 cup stock. Cover and microwave on MEDIUM (50%) power for 5-8 minutes or until stock is almost absorbed.

Carefully remove cover and stir in spinach. Cover and set aside for 3 minutes or until spinach wilts. Season with salt and pepper. Stir through parmesan. Spoon on serving plates. Top with remaining grated parmesan. Serve.