



Microwave mushroom & corn risotto

Preparation: 15 minutes

Cooking: 17 minutes

Serves: 4

- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1 tbs olive oil
- 1 cup Arborio rice
- 2 cups vegetable or chicken stock
- 2 corn cobs, kernels removed
- 150g Swiss brown mushrooms, sliced
- 150g cup mushrooms, quartered
- 1 /4cup fresh flat-leaf parsley, chopped
- ground black pepper, to taste

1. Place the onion, garlic & oil into a medium microwave-safe bowl or rice cooker. Place into the microwave & cook, uncovered, for 2 minutes on High/100% or until the onion is soft.
2. Stir in the rice & mix well to coat the rice in the oil mixture. Add the stock & stir well to combine. Cover & cook in the microwave for 5 minutes on High/100%. Reduce heat to Medium/50% & cook for a further 5 minutes.
3. Working quickly, carefully remove the cover & stir in the corn & mushrooms. Cover & cook in the microwave for 5 minutes on Medium/50%. Leave to stand, covered, for 2-3 minutes.
4. Stir through the parsley & season with salt & pepper. Serve immediately.

Variation: Use 1 1/2 cups stock & 1/2 cup dry white wine. Replace the parsley with 1/3 cup grated parmesan cheese.