**Mushroom Risotto and Spinach**

**(serves 2)**

**Contains per serving** Vitamin K (mcg)            **112** Protein (g)                 **19.5**

Calories (kcal)            **338.9** Fat (g)                          **14.7**

**To make you will need**

**2tbs Olive Oil, divided**

**2 Shallots**

**1 cup Spinach, raw**

**2 Garlic Cloves**

**100g Mushrooms, white or mixed**

**800ml Chicken Stock**

**200g Arborio Rice**

**1tbs Butter**

**5g Parmesan Cheese, grated**

salt + pepper

**Method**

* Warm the Chicken Stock in a pan on a low heat.
* Heat 1 tbsp olive oil in another pan. Add the mushrooms and cook until they sweat.
* Put the mushrooms and the liquid in a bowl at the side.
* Heat the remainder of the Olive Oil and add the shallots. Cook for 1 minute until soft.
* Add the rice to the pan and stir coating it with oil.
* Gradually add a ladle of stock and stir the rice until this is absorbed. Continue to do this until all the stock has been used and been absorbed by the rice.
* Remove from the heat and stir in the mushroom with their liquid and the spinach. Continue to stir until the spinach has wilted.
* Add the butter and stir into the risotto.
* Season with salt and pepper to taste.