



Heavenly Mushroom Risotto

This vegan mushroom risotto is packed full of flavour and lends warmth, earthy flavours and makes a hearty meal for a chilly autumnal or winter's evening. It can be easily adapted to replace nutritional yeast flakes with grated parmesan or your favourite cheese of choice.

Ingredients:

1 tbsp coconut oil	12 sundried tomatoes, roughly chopped
500g mushrooms (Shiitake, chestnut, wild), quartered	1 - 1.5 litre water
2 medium red onions, sliced lengthways	½ cup white wine or vermouth
4 cloves of garlic, chopped chunky	1 tbsp fresh tarragon , chopped
500g risotto rice	2 peppers
6 strands of saffron	4 handfuls rocket
400g tin chopped tomatoes	100g black olives
	Salt and pepper to taste

To cook on the stove:

Melt the coconut oil in a large pan and fry the onions on a medium heat for approximately 5 minutes until they start to soften. Add the garlic and a pinch of salt. Fry for a further 5 minutes.

Add the mushrooms and peppers and cook for approximately 10 minutes. Do not rinse the Arborio rice and pour it into the pan, making sure the rice is coated well with the oil. The outside of the rice will turn transparent. After approximately 5 minutes, add the wine or vermouth (if using) and let it be absorbed completely before adding a ladleful of water, stirring the rice continuously encouraging the creamy starch out. Let each ladleful of water be fully absorbed before you add another ladleful.

While you are adding the water to the risotto rice, melt the saffron strands in a small bowl of warm water to let the colour and fragrance develop.

After you have added 4 ladlefuls of water to the rice mixture, add the tinned tomatoes and sundried tomatoes. Stir well until the fluid has been absorbed, add the saffron water and tarragon and continue adding ladlefuls of water to the risotto mixture until the rice can absorb no more (this normally takes approximately 40 minutes).

Just before serving stir some nutritional yeast flakes (or grated parmesan) through the rice and add the rocket leaves.

Serve heaped onto 4 plates.