

Vegetable Risotto

Serves 24 at 200grams per serve

4 tablespoons olive oil
2 onions, finely chopped
4 cups (1kg) Arborio rice
2 medium zucchini, coarsely grated
2 medium carrot, coarsely grated
1 bunch English spinach/silver beet, washed, trimmed and coarsely chopped
800g can tomatoes
100g green beans, trimmed 5cm lengths
2.5 litre vegetable stock, hot
Finely grated parmesan cheese
lemon wedges, to serve

1. Heat the oil in a large saucepan over a medium heat. Add onion, stirring, cook until soft. Add zucchini and carrot, stirring, cook until soft. Add rice, stirring to ensure rice is coated in oil.
2. Pour 2 cups of hot stock onto rice, stir constantly until stock has been absorbed. Add beans. Repeat adding 2 cups of stock and tomatoes until all stock has been absorbed and rice is tender. This process should take about 20 minutes. Stir spinach/silver beet through the mixture.
3. Serve risotto sprinkled with grated parmesan cheese and lemon wedge.

Cost per serve approx = \$1.00

Apple and Cream Cheese Wraps

Serves 12

12 wholemeal tortillas
800g can pie apple
220g spreadable cream cheese
1/4 cup raisins
1/4 cup sultanas
1/2 teaspoon mixed spice

1. Heat sandwich press or electric frypan. In a medium bowl gently combine pie apple, raisins, sultanas and mixed spice.
2. On a flat surface place tortillas and spread with a thin layer of cream cheese. Place approx 2 tablespoons of apple mixture along one edge of tortilla and roll to form a wrap. Place wrap in press. Toast until golden. if using a frypan, toast wrap on both sides.
3. Cut wraps in half and serve warm.

Cost per wrap approx= \$1.50