

Gemma's supergrain pea, feta and lemon risotto



Ingredients:

- 1 tbsp butter
- 1tbsp olive oil (Village Press Lemon Infused Olive Oil is a good option)
- 1 large onion
- 1 large clove of garlic
- ½ c arborio rice
- ½ c mixed supergrains (eg quinoa and amaranth)
- ½ c barley
- 2 cups chicken stock (or vege stock if vegetarian)
- 1 cup white wine (sauvignon blanc works well)
- Zest and juice of 1 small lemon (or half a medium-large lemon)
- 3 tbsp crème fraiche (otherwise cream cheese and/or plain yoghurt)
- 1 cup of frozen baby peas
- ½ block of feta (Hohepa is a good option)
- Parmesan cheese
- Salt
- Pepper
- Chilli flakes (optional)
- Fresh mint and/or parsley (if desired)

Method:

1. In a large deep frying pan, saute diced onion in butter and olive oil until soft.
2. Add garlic and saute on medium heat until soft and fragrant.
3. Season with a pinch of salt and plenty of pepper.
4. Add rice, 'supergrains' and barley, fry for about a minute to allow a little browning to occur and nutty flavours to develop.
5. Add 1 cup of chicken stock and allow to simmer (low simmer) until 80% of the liquid has been absorbed.
6. Add half a cup of white wine and allow to simmer on low until 80% of the liquid has been absorbed and repeat with half a cup of chicken stock.
7. Repeat step 6 until all liquid has been added and the grains are al dente. If the grains aren't sufficiently cooked, gradually add more liquid until they are (stock, white wine, milk or water will be fine).
8. When the last liquids have been added, fold through the finely chopped lemon zest and frozen peas.
9. When the grains are just cooked and there is a little liquid still remaining, add the lemon juice, crème fraiche and grated parmesan cheese.

10. Finish by folding through some crumbled feta, leaving half of it for the topping, check flavor and season if required.
11. Plate by serving a generous pile topped with grated parmesan and crumbled feta. Fold through chopped herbs if desired.

Variations of this dish:

- Sprinkle with chilli flakes for a little heat
- Top with toasted nuts and/or seeds for a little extra texture/crunch
- Add a little fresh mint and parsley to the finished risotto and serve with lamb
- Fold through pulled chicken or top with a grilled breast for extra protein
- Serve with pan fried fish and extra lemon juice
- Top with any meat (lamb, beef, fish or chicken) and dress with salsa verde for a real flavor hit
- Add grated carrot, zucchini, broccoli stems, etc with the onion at the start for additional flavor and a better health hit
- Add roasted pumpkin, replace peas and lemon with mushrooms or roasted beetroot, etc, etc...the list goes on!