



Chorizo & Parsnip Risotto with Parmesan

Risotto is a dish that's become associated with fancy high-end restaurants, but really, it's the epitome of Italian home-cooking and comfort food. This is one of those dishes that's so satisfying and easy to prepare - it never fails to impress.

Nutritional Info

Calories: 591 kcal
Carbohydrates: 68 g
Protein: 25 g
Fat: 23 g

Ingredients

- Chorizo
- Piccolo Parsnips
- Banana Shallot
- Fresh Parsley

- Garlic
- Arborio Rice
- Vegetable Stock Cube
- Parmesan

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

[Wheat \(Chorizo\)](#)
[Milk \(Chorizo, Parmesan\)](#)
[Celery \(Stock Cube\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Pre-heat the oven to 180C and make the stock

In a pot, dissolve the stock cube with about 350 ml of boiling water per person. Put the pot on a very low simmer to keep the stock warm.

2) Prepare the ingredients

Slice the chorizo into strips. Finely chop the banana shallot and the garlic. Cut the parsnips in half, removing and discarding the core. Set aside.

3) Roast the parsnips

Place the parsnips on a baking tray, drizzle with some olive oil and season with salt and pepper. Cook at 180°C for 10-12 minutes.

4) Start the risotto

Add some oil to a pot on a medium heat. Now add the chorizo, chopped banana shallot and garlic and fry for 3-4 minutes until the shallots have softened.

5) Add the Arborio rice

In the pot with the chorizo, add the Arborio rice. Stir and make sure to coat the rice in oil.

6) Add the warm stock

Now add in about a 1/3 of the stock to the Arborio rice and allow the liquid to reduce down, stirring frequently. When the liquid has reduced, add in another 1/3 and continue to add the stock gradually this way. If you run out of stock simply add hot water.

7) Finish the dish

When the risotto has cooked, chop the parsley and stir it through the rice. Finish with roasted parsnip and shavings of parmesan on top.



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