

EASY PEASY PROSCUITTO RISOTTO

MAKES 4 SERVES

SOURCE: Sports Dietitians Australia

 30 MINUTES

Ingredients

- 1 tbsp olive oil for cooking
- 2 cloves garlic crushed
- 1 onion - finely diced
- 2 celery sticks - diced
- 1 red capsicum- diced
- 1½ cups Arborio rice
- 5 cups reduced salt vegetable or chicken stock
- 1 cup green peas
- 2 large handfuls of baby spinach leaves
- 100g proscuitto, diced
- paremsan, parsley and lemon zest to serve

Method

1. In a pan, add olive oil, onions and garlic then saute over medium heat for 2-3 minutes till soft. Add the capsicum and celery to the pan and cook for a further 2 minutes. Once both the onion and capsicum are fragrant and translucent in colour, add the rice to the pan, stir until combined and cook for 1 minute.
2. Gradually add the stock to the rice and continue stirring over medium-low heat until the rice has absorbed all the stock and is tender but not too soft.
3. Blanch the peas for one minute in boiling water and then drain. Add half the peas and half the spinach into a blender and blend until smooth
4. Combine the green pea and spinach purée along with the whole green peas, spinach and proscuitto to the risotto and stir through.
5. Season with black pepper and add a little grated Parmesan to stir through the dish. Serve onto shallow plates and serve topped with grated Parmesan cheese, lemon zest and chopped parsley.

NUTRIENT PER SERVE

Energy 1860kJ

Protein 15g

Fat 9g

Carbohydrate 72g

Sodium 1070mg

Fibre 6g



This meal provides good amounts of protein and carbohydrates to kick start the recovery process after a training session. Green Peas are loaded with antioxidants and anti-inflammatory nutrients.



The Footballers World

MIND. FUEL. POWER.