

# Taste of Sunrise

Tomato & Basil Risotto



## Tomato & Basil Risotto Serves 4



### Ingredients:

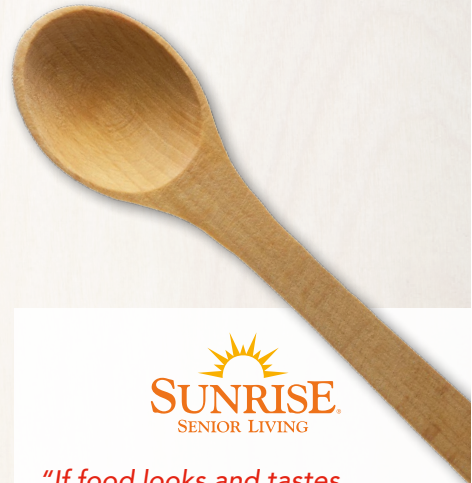
20g salted butter  
10ml olive oil  
3 tomatoes – cored, seeded and diced  
¼ Spanish onion – diced  
½ garlic clove – crushed  
220g Arborio rice  
400ml vegetable stock  
20ml double cream

30g fresh basil – chopped  
70g goats cheese – sliced  
Pinch of ground black pepper  
Pinch of salt

Roasted vegetables (optional):  
100g butternut squash – diced and roasted  
½ red pepper – diced and roasted

### Method:

1. Heat the oil over a moderate heat and add the onion as well as garlic to the pan. Sauté until the onion softens. Then add the tomatoes and seasoning. Sauté for a further 3-4 minutes.
2. Add the rice, mix thoroughly and sauté for 3-4 minutes. You can add the optional roasted vegetables at this stage.
3. Gradually add the vegetable stock, stirring until all the liquid is absorbed.
4. Continue stirring until the rice is tender and creamy but still firm, then add the butter and cream.
5. To serve, top with basil and cheese.





**SUNRISE**  
SENIOR LIVING

*"If food looks and tastes great, getting a balanced diet is easy."*

Simon Jarrett  
Chef at Sunrise of Bagshot

### Nutrition Info (per serving)

Energy	283kcal
Salt	1.1g
Fat	12.2g
Saturated Fat	7.1g
Sugars	2.4g

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