

Pea and Mushroom Risotto

Serves 4

½ onion

2 cloves garlic

200g mushrooms

150ml white wine (optional)

250g risotto rice (short grain or pudding rice also work well)

1 teaspoon dried or fresh thyme

3 – 4 teaspoons vegetable stock powder

1 litre boiling water (or use fresh stock)

Vegan cream cheese

Soya milk (optional)

White or black pepper

Nutritional yeast



1. Finely chop your onion. Crush the garlic and chop your mushrooms and fresh thyme, if using.
2. Pour a tablespoon of sunflower oil into a large saucepan and place on a medium heat.
3. When the oil is hot, add the onion. Stir for a minute to soften then add the garlic and mushroom and stir.
4. When the mushrooms are soft, stir in the risotto rice and thyme.
5. Stir in the white wine and boil for a minute to allow the ingredients to absorb the flavour (Tip: you can use a drop of lemon juice to add flavour if you don't want to use wine).
6. Stir in the stock powder and half the water. Bring to the boil then reduce the heat.
7. Place a lid on and simmer for 5 minutes.
8. Stir in more water and simmer again for 5 minutes. Check if the rice is cooked. If not, stir in a little more water. There should be a little liquid left in the pan.
9. Stir in a large spoonful of vegan cream cheese with a drop of soya milk or water and a large spoonful of nutritional yeast or a teaspoon full of marmite. Check seasoning before serving.