

## **Sausage Risotto**

This can be made with sausage chicken, or vegetables

### **Ingredients**

300g Sausage/Chicken or mixed vegetables  
1 Tbsp Oil (Get from school)  
75g Rice  
1 Onion  
100g Mushrooms  
50g Green beans or peas  
20g Sweetcorn  
375ml stock (made with 1 stock cube)  
1 Tbsp Worcester sauce

PLEASE BRING TO SCHOOL A TAKE HOME DISH THAT WILL SEAL.

### **Method**

1. Cut the chicken/vegetables into bite size chunks, but not the sausage.
2. Put the oil into the wok and heat. Add the sausage/chicken/vegetables to the pan and stir with a wooden spoon until cooked through. Transfer onto a plate. Keep warm. Now cut the sausages
3. Peel and chop the onion. Wash and slice the mushrooms. Add the onion to the wok and fry for 5 minutes.
4. Add the rice, mushrooms, beans or peas, sweetcorn, stock and Worcester sauce. Simmer until the rice is cooked, about 12 minutes.
5. Add the sausage/chicken/vegetables to the rice.
6. Transfer into your own container. Cool and then put in the fridge.