

# CHEESE-THYME RISOTTO WITH BROAD BEANS

2 persons / 473 kcal per person

## Ingredients:

- 150 grams of risotto rice
- 300 grams of broad beans
- 1½ spring onion
- ½ tablespoon of oil
- 450 ml vegetable stock (made from 1 stock cube)
- 3 grams of fresh thyme
- 50 grams of grated cheese
- pepper and salt



## Prepare:

Heat the olive oil in a pan with a thick bottom. Stir in the risotto rice and fry briefly until the rice is translucent. Always add the stock to the rice in parts and stir occasionally. Cook for about 18-20 minutes. Only add another dash of stock when a previous part has been completely absorbed by the rice. Boil the broad beans in a layer of water for 7-9 minutes. Meanwhile cut spring onions into small rings. Remove thyme leaves from twigs. Add broad beans, spring onion, thyme and salt and pepper to the risotto rice to taste. Mix well and let it stand with the lid on the pan for 5 minutes. Add cheese to the risotto. Divide over 2 plates.

## Nutritional value per person:

Energy:	473 kcal
Protein:	18.7 grams
Carbohydrates:	66.8 grams
- including sugars:	0.6 grams
Fat:	12.8 grams
Fiber:	7.8 grams
Salt:	3.2 grams