



CHLOË BOWLER
complete wellbeing

BACON & MUSHROOM RISOTTO



Ingredients (Serves 2):

- 1 onion
- 100g Arborio Rice
- 1 glass white wine
- Mixed mushrooms
- 6 rashers of bacon
- 30g Edamame beans
- 250ml chicken stock
- Turmeric

Method:

1. Use a nice big casserole dish or similar.
2. Start by softening the chopped onion in some olive oil, then add the chopped bacon, season and stir.
3. Once the bacon is cooked, pour in the risotto rice and stir well until coated in the oil and onion mix.
4. Stir in a pinch of turmeric, and chopped mushrooms.
5. Add a glass of white wine and stir.
6. Gradually add the stock and continue to stir slowly as the rice absorbs the liquid.
7. When the rice is cooked, add the edamame beans (I use frozen) and turn off the heat. Leave the lid on while you warm your plates, then serve.

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