THERAPY
AND PERFORMANCE CLINIC
RECOVER STRONG, PERFORM STRONGER

SPINACH RISOTTO (DINNER)

4 servings 40 minutes

INGREDIENTS

1 yellow onion, diced
300g risotto rice, dry
1.2l vegetable stock
225g spinach, frozen
85g parmesan
2 tbsp. Olive oil
Salt & pepper
Any protein of your choice x 4 servings

DIRECTIONS

1. Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.

2. Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16- 18 minutes, until rice is cooked.

3. Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.