

### **Chorizo and Sundried Tomato Risotto**

175g arborio rice  
1 onion (about 100g)  
2 cloves garlic  
1 tbsp olive oil  
150g chorizo sausage  
800ml chicken stock  
65g sun-dried tomatoes packed in oil (drained weight)  
40g parmesan  
2 tbsp parsley

Chop onion using food chopper and press garlic using garlic press and pop into round covered baker along with the rice, olive oil. Snip the chorizo into bite sized chunks using professional shears or cut using the 13cm santoku and pop that in as well. Microwave, covered, on HIGH for 3-4 mins until onion is soft - stir halfway to check progress.

Remove from the microwave using oven gloves as it is HOT!!!

Stir in 500ml of the stock, measured in easy read measuring jug and mix well using small mix and scraper. Microwave, covered, for 9-10 minutes on HIGH so stock simmers and is absorbed into the rice. Give it a stir after 5 minutes.

THEN add the drained, patted dry and snipped tomatoes and the rest of the stock and mix well. Bung back into the microwave UNCOVERED for 9-10 minutes until almost all the stock is absorbed.

REMEMBER THE BAKER IS GOING TO BE HOT SO USE GLOVES!!!!!!!!!!!!

Take the baker out and grate the parmesan over the risotto using fine microplane grater and add the parsley, chopped in food chopper. Cover with the lid and leave for a few minutes until the cheese is melted.

Serve and eat with a fresh green salad

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