



you are what you create.

Strawberry risotto

with spring vegetables and grasshoppers
(For 4 servings)

Prep and cook time: 30 min

Difficulty: medium

Cannot be frozen



Ingredients:

250 g | 1 1/2 cups fine couscous
750 ml vegetable stock, hot
4 small carrots, with stems
1 Globe artichoke heart, peeled and trimmed
1/2 lemon, juiced
1 tbsp olive oil
1 small red onion, chopped
150 g | 1 cup strawberries, hulled and diced
1 handful dried grasshoppers
salt
freshly ground black pepper

Method:

Place the couscous in a large mixing bowl. Pour over the hot stock, stir briefly, and cover tightly with clingfilm. Set aside to cool, still covered. Cook the carrots and artichoke in a large saucepan of salted, boiling water until tender to the tip of a knife, 6-8 minutes usually.

Drain well, refresh in a large bowl of iced water, and then drain again. Split the carrots in half lengthwise and dice the artichoke heart.

Fluff the couscous with a fork to separate the grains. Season to taste with lemon juice, salt, and pepper.

Heat the olive oil in a sauté pan set over a medium heat until hot. Add the red onion and a pinch of salt, sweating until softened and starting to colour. Divide the couscous between serving bowls. Top with the carrots, artichoke, red onion, strawberry, and grasshoppers before serving.

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