

## **BACON, MUSHROOM & TURMERIC RISOTTO**



### **Ingredients (Serves 2)**

- 1 tbsp Olive Oil
- 1 Onion
- 2 Cloves of Garlic
- 1 red chilli
- 4 rashers of bacon
- 100g Mushrooms
- 1 tsp Turmeric
- 800ml Chicken Stock
- 150g Arborio Risotto Rice
- Glass of Red Wine
- Handful of Flat Leaf Parsley

**GF, NF, DF**

### **Method**

1. Heat some olive oil in a large casserole dish.
2. Chop up the onion and garlic and add to the oil to soften.
3. Add the chopped up chilli and bacon and cook through.
4. Pour in the risotto rice and turmeric and stir for 2 minutes.
5. Add the wine and stir.
6. Slowly drizzle in the stock a little at the time, stirring all the time. This should take about 30 minutes.
7. When the rice is nearly cooked, add the chopped mushrooms and some parsley.
8. Season well and scatter some grated parmesan on top to serve.

### **Nutrition**

Turmeric = Anti-inflammatory, Good for Bowel Health  
Chilli = Vitamin C, Anti-inflammatory and Immune Boosting