Main dishes / Italy

risotto rice with chickpeas and frozen peas · Italy

A complete grain dish with drained cooked chickpeas, frozen peas and a Italy-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g risotto rice
- ☐ 500 g frozen peas
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

01 Cook the risotto rice in plenty of water according to its packet, then drain well.

02 Clean the frozen peas and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the frozen peas and cook for a few minutes. Add a splash of water, cover and cook for 5 minutes.

04 Rinse and drain the drained cooked chickpeas, then heat until piping hot throughout.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-it-04-09-2eb8bca