



50 g rice

100 ml vegetable stock

Salt (restrict in case of hypertension or fluid retention)

Cod and vegetable risotto (texture modified diet)

Ingredients (serves 1)

½ onion

1 garlic clove

¼ courgette

½ carrot

60 g desalted codfish

25 g Parmesan cheese (lactose-free in case of intolerance)

25 g butter ((lactose-free in case of intolerance)

Method

1. Sauté the onion and garlic until golden.
2. Add the rest of the peeled and chopped vegetables and fry.
3. Add the rice and stir for one minute.
4. Add one quarter of the vegetable stock, previously heated.
5. Little by little, incorporate the rest of the stock.
6. Cook the rice for about fifteen minutes.
7. Cut the codfish into cubes. Halfway through the cooking of the rice, add the codfish.
8. After fifteen minutes, take off the heat, add the Parmesan cheese and butter and stir until smooth.
9. Put the preparation in a tall container, add water or stock to be able to blend better.
10. Strain after blending, add salt and pepper to taste and serve.

Recommendations

En cas d'ileostomia d'alt dèbit o diarrea, prepareu el plat amb un formatge sense lactosa o directament sense formatge i sense mantega.