

Cod and vegetable risotto



Ingredients (serves 1)

- 1/2 onion
- 1 garlic clove
- 1/4 courgette
- 1/2 carrot
- 60 g desalted codfish
- 25 g Parmesan cheese (lactose-free in case of intolerance)
- 25 g butter (lactose-free in case of intolerance)
- 50 g rice
- 100 ml vegetable stock
- Salt
- Pepper

Method

1. Sauté the onion and garlic until golden brown.
2. Add the rest of the peeled and chopped vegetables and cook.
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. Add salt and pepper to taste and serve.

Recommendations

In case of high-output stoma or diarrhea, use lactose-free cheese and butter or skip completely.