

A close-up photograph of a white ceramic bowl filled with a creamy potato risotto. The risotto is topped with melted orange cheese, sautéed green leafy vegetables, and small pieces of potato. In the background, there are blurred images of fresh vegetables like tomatoes and green beans. A blue circular graphic with a white border is overlaid on the right side of the image.

A *Beta*
Potato Risotto

The logo for Beta Spuds, featuring the word "Beta" in a yellow, bubbly font above the word "Spuds" in a white, sans-serif font, all contained within a blue circular shape with a white border.

Beta
Spuds

Royal Blue spuds

For a
Taste
of something
Beta



Royal Blue

With its vibrant purple skin and golden flesh, this is the supreme all-rounder:



Boil



Mash



Bake



Chip

Risotto ingredients:

- 6 large Royal Blue potatoes, skin on, diced into 1cm cubes
- 4 tbsp olive oil
- 2 tbsp butter
- Sea salt, white pepper, pinch nutmeg
- 2 brown onion, diced
- 2 cloves garlic, crushed
- 200ml chicken stock
- 4 tbsp tomato pesto
- 1/2 cup grated Parmesan
- 1 bunch spinach
- 1 cup flat-leaf parsley

Method:

Pre-heat a large pan with a lid to low heat. Add oil, butterm onions and garlic, cook and stir for 5 minutes or until fragrant. Stir in diced potato, coat well and then stir in stock and allow to simmer with the lid on for 10 minutes. Remove lid and continue to stir gently for another 10 minutes or until potatoes are just tender. Add pesto, cheese, spinach and parsley. Season to taste, then serve.

buy
west
eat
best

WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

Learn more at
betaspuds.com.au