## Ingredients

* 3 tbsp [olive oil](https://www.bbc.co.uk/food/olive_oil)
* 1 large brown [onion](https://www.bbc.co.uk/food/onion), finely chopped
* 1 medium carrot, cut into roughly 1cm chunks
* 2 [celery](https://www.bbc.co.uk/food/celery) sticks, trimmed and cut into roughly 1cm chunks
* ½ cup of pea, corn and capsicum frozen mix
* 2 [garlic](https://www.bbc.co.uk/food/garlic) cloves, finely chopped
* 275g [risotto rice](https://www.bbc.co.uk/food/risotto_rice), such as Arborio
* 1 litre stock (made with 1 vegetable or [chicken stock](https://www.bbc.co.uk/food/chicken_stock) cube)
* 2 good pinches dried Chilli flakes

Zest of small [lemon](https://www.bbc.co.uk/food/lemon), finely grated

* 50g [Parmesan](https://www.bbc.co.uk/food/parmesan_cheese) or vegetarian hard cheese, finely grated, plus extra to serve
* Salt and freshly ground black pepper
* freshly chopped [parsley](https://www.bbc.co.uk/food/parsley), to serve (optional)

## Method

1. Bring the Stock to a simmer in a medium saucepan.
2. Heat the oil in a large saucepan or medium flameproof casserole. Add the onion, garlic, carrot and celery, stir well then cover and cook over a low heat for 5–7 minutes, or until soft and lightly browned, stirring 2–3 times to prevent it sticking.
3. Stir in the risotto rice and cook for a minute, stirring constantly.
4. Add 3/4 cup of the hot stock, salt and a few grinds of fresh pepper and simmer, stirring constantly, until Stock is absorbed. Continue simmering and adding hot stock, about 3/4 cup at a time, stirring constantly and allowing the stock to be absorbed before adding more, until rice is almost tender and creamy looking, about 18 minutes. Add pea corn and capsicum mix with the last stock.
5. Stir in the lemon zest and hard cheese. Season to taste with salt and pepper and serve topped with extra Parmesan and freshly chopped parsley if you like.