

BEETROOT RISOTTO

PREPARING 10 MIN, COOKING TIME 30MIN
FOR 2 PERSONS



BENEFITS:

- BEETROOT IS FULL OF FLAVONOIDE
- PROTECT HEART AND BLOOD VESSELS

INGREDIENTS:

- 450ML VEGETABLE BROTH
- 200G CHOPPED ONIONS
- 120 G RISOTTO RICE
- 100 ML WHITE WINE
- 250 G BOILED BEETROOT
- 25G PARMESAN CHEESE
- 2 EL CREME FRAICHE
- SALT AND PEPPER

PREPARING:

- COOK THE VEGETABLE STOCK AND SET IT ASIDE
- HEAT A PAN WITH OLIVE OIL AND COOK THE CHOPPED ONIONS FOR 1 MIN
- ADD THE RISOTTO RICE AND COOK IT FOR 1 MIN
- ADD THE WHITE WINE AND CIRCA 150ML VEGETABLE BROTH
- STIR OFTEN AND COOK THE RISOTTO FOR 20MIN WITH THE REST OF VEGETABLE BROTH
- CUT THE BEETROOT IN SMALL CUBES AND ADD IT TO THE RISOTTO FOR 5 MIN
- ADD CREME FRAICHE, SALT AND PEPPER AND PARMESAN CHEESE
- ENJOY!