



# Vegetable vegan risotto

15'  
Hands on

18'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

- Preheat the oven to 200° C (390° F) set to fan.
- Cut the eggplant into cubes and add them to a [baking pan](#).
- Add 3 tablespoons olive oil, salt, pepper, oregano, cherry tomatoes, and bake for 15-20 minutes.
- Place a [frying pan](#) over high heat and add 2 tablespoons olive oil.
- Finely chop the onions, the carrot into cubes, the zucchini into crescents, and add them to the frying pan.
- Then, add the garlic finely chopped, the peppers into cubes, and mix.
- Add the rice and mix until golden.
- Deglaze the pan with the wine, add the bouillon cube and the water in batches, by mixing constantly. Lower the heat to medium and follow the same process for 15-18 minutes until the water is absorbed and the rice boils.
- Remove from the heat, add the eggplants with the cherry tomatoes and the margarine.
- [Cut](#) the parsley, dill, and mint, and add half of the mixture into the frying pan. Add the lemon zest, salt, pepper, and mix.
- Serve with the rest of the herbs, pepper, and olive oil.

## Ingredients

- 1 eggplant
- 5 tablespoon(s) olive oil
- salt
- pepper
- 1 teaspoon(s) oregano
- 250 g cherry tomatoes
- 2 onions
- 1 carrot
- 2 zucchinis
- 1 clove(s) of garlic
- 1 orange bell pepper
- 1 green bell pepper
- 1 Florina pepper (red pepper)
- 250 g rice for risotto
- 50 g white wine
- 1 vegetable bouillon cube
- 1 liter water
- 2 tablespoon(s) margarine
- 1/4 bunch parsley
- 1/4 bunch dill
- 1/4 bunch mint
- lemon zest, of 1 lemon
- salt

To serve

- herbs, fresh
- pepper
- 1 teaspoon(s) olive oil

## Διατροφικός πίνακας

Nutrition information per portion

273 Calories (kcal)	6.8 Total Fat (g)	1.5 Saturated Fat (g)	43.0 Total Carbs (g)
14%	10%	8%	17%
10.0 Sugars (g)	5.8 Protein (g)	5.8 Fibre (g)	0.62 Sodium (g)
11%	12%	23%	10%