



Lemon Risotto

50 minutes

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 1 1/2 liters stock, vegetable
- 40 g olive oil
- 1 onion, medium sized, finely chopped
- 1 teaspoon(s) rosemary, fresh, finely chopped
- 2 tablespoon(s) parsley, finely chopped
- salt
- 250 g arborio rice
- 150 g white wine
- 80 g butter
- 100 g parmesan cheese, grated + extra for serving
- lemon juice, of 1 lemon
- lemon zest, of 1-2 lemon
- pepper, freshly ground

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|------------------------------|----------------------------|
| 590 Calories (kcal) | 34.6 Total Fat (g) | 17.1 Saturated Fat (g) | 53.0 Total Carbs (g) |
| 30% | 49% | 86% | 20% |
| 3.2 Sugars (g) | 13.9 Protein (g) | 1.5 Fibre (g) | 0.66 Sodium (g) |
| 4% | 28% | 6% | 11% |

Method

- Heat the chicken stock in a saucepan, over low heat.
- Grate the zest of 1 lemon, then cut the lemon in half and juice. Set aside until needed.
- Place a pot over high heat. Add the olive oil and let it get hot.
- Add the onions, lower heat to medium and sauté for about 5 minutes, until they soften. You don't want the onion to turn golden, just translucent.
- Add the rosemary along with a generous pinch of salt.
- Cook for about 2 minutes, until the rosemary releases its aroma.
- Turn heat back up to high and add the rice. Stir and sauté until translucent.
- Add the wine and turn down heat to low.
- Cook until the wine evaporates and add a ladleful of warm vegetable stock.
- Stir until the rice absorbs all of the stock and add another ladleful.
- Repeat the same process (stock, stir, stock), until the rice is completely done and the stock runs out. This should take about 20 minutes.
- At this point the risotto should be nice and creamy.
- Remove from heat. Add the butter and parmesan. Lightly stir to incorporate.
- Add the lemon zest and gradually add the lemon juice, tasting from time to time to make sure it is not too sour for your liking.
- Add the parsley, salt and freshly ground pepper.
- Stir and serve immediately.