



Risotto with cherry tomatoes

10'
Hands on

30'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 1 onion
- 50 g butter
- 750 g stock, chicken
- 300 g rice for risotto
- 350 g cherry tomatoes
- 100 g parmesan cheese, + extra to serve
- 1 bunch basil, fresh
- 2 sprig(s) rosemary, fresh, finely chopped
- 50 g olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

564 Calories (kcal)	26.0 Total Fat (g)	13.0 Saturated Fat (g)	66.0 Total Carbs (g)
25%	37%	65%	25%
6.1 Sugars (g)	16.0 Protein (g)	2.9 Fibre (g)	0.9 Sodium (g)
7%	32%	12%	15%

Method

A Mediterranean risotto!

- **Sauté** the onion with some olive oil in a pan over medium heat for at least 8 minutes. At the same time, heat the stock in a separate pot. As soon as the onion softens, add the rice and sauté for 2-3 minutes.
- Add the cherry tomatoes and enough stock to cover the rice. Stir continuously until the stock is absorbed. When it does, add a spoonful of stock and wait for it to be soaked up. Repeat the same process until the rice is ready. This should take about 18 minutes.
- When the rice is ready and the mixture is creamy, remove from heat. Add the butter, parmesan, a lot of basil, rosemary, salt, and pepper.
- **Stir** to combine and set aside for 1 minute so the risotto can rest. Season to taste.
- **Sprinkle** with some more parmesan and **serve** warm.

Tip

You can also add some crumbled feta cheese!