

Creamy Vegetable and Lentil Risotto

This haute cuisine vegan risotto packed with nutrients and umami, is sure to satisfy even the most discerning palate



Main Dish

Haute cuisine

25 min

Total time

Easy

Difficulty

353

kcal / serving

Ingredients

- 1 1/2 tablespoons olive oil
- 1/4 small white onion, finely chopped
- 120g uncooked white rice
- 120ml vegetable stock
- 100g cooked green lentils
- 1 celery stalk, finely chopped
- 1 large carrot, finely diced
- 3 garlic cloves, minced
- 70ml white wine
- 60ml almond cream
- Sea salt and freshly ground pepper, to taste
- 2 tablespoons fresh parsley, chopped

Steps

- 1 In a medium-size pot, heated to medium, add the olive oil then, onions. Cook until the onion softens.
- 2 Add the white rice and cook, stirring, for a couple of minutes.
- 3 Add the vegetable broth and cooked lentils, then bring to a light boil.
- 4 Reduce heat to low and add the celery, carrots, garlic, and white wine. Cook, stirring occasionally, until the liquid is nearly fully absorbed.
- 5 Add in the almond cream and cook, stirring occasionally, until the liquid is nearly fully absorbed.
- 6 Remove from heat and season with salt and pepper.
- 7 Sprinkle with parsley and serve.