

Creamy vegan mushroom risotto



Preparing
20 Minutes



Cooking
45 minutes



Serving
4

Ingredients

30 ml macadamia nut oil
250 g onion (diced)
12 g garlic cloves
5 g salt
30 g arborio rice

1.2 L vegetable stock
20 g nutritional yeast
2 g parsley
400 g button mushrooms
15 ml white balsamic vinegar



Method

1. In a pot, heat oil and add the diced white onion and garlic.
2. Cook until translucent.
3. Add arborio rice and toast until grains for 2-3 minutes. Ladle in vegetable stock slowly whilst stirring. Cook for 20-30 minutes, stirring often until risotto is desired texture, (soft and pleasantly chewy).
4. Add nutritional yeast and stir to combine. While risotto is cooking, slice mushrooms and add to a frying pan with 10 ml macadamia nut oil and salt. Cook mushrooms for 10 minutes. Reduce heat to low and add balsamic vinegar, cook for another 2-3 minutes.
5. Add balsamic mushrooms to cooked risotto. Sprinkle with chopped parsley and stir to combine.
6. Sprinkle roasted macadamia nuts on the risotto and serve.