

CREAMY VEGAN MUSHROOM RISOTTO

Preparing Time: 20 Minutes

Cooking Time: 45 Minutes

Servings: 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

INSTRUCTIONS:

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.

