

Wild Mushroom Risotto

Risotto aux champignons sauvages

35 min

Medium

450 kcal per serving

Dinner

Vegetarian



Ingredients

FOR ONE SERVING

Arborio rice (<i>Riz arborio</i>)	150 g
Mixed mushrooms (<i>Champignons mélangés</i>)	200 g
Vegetable broth (<i>Bouillon de légumes</i>)	600 ml
Onion (<i>Oignon</i>)	1
Parmesan cheese (<i>Parmesan</i>)	40 g
White wine (<i>Vin blanc</i>)	100 ml
Butter (<i>Beurre</i>)	20 g

Nutrition facts

PER SERVING

Calories	450
Protein	12 g
Carbohydrates	62 g
Fat	16 g
Fiber	4 g

Preparation

- 1
1. Finely chop the onion and slice the mixed mushrooms.
- 2
2. In a saucepan, melt the butter over medium heat, then cook the onion until soft and translucent.
- 3
3. Add the mushrooms and cook until they release their moisture and begin to brown slightly.
- 4
4. Stir in the Arborio rice and cook for 1 minute so the grains are coated well.
- 5
5. Pour in the white wine and stir until it is mostly absorbed.
- 6
6. Add the vegetable broth a ladle at a time, stirring often and waiting for each addition to be absorbed before adding more, until the rice is tender and creamy.

7. Remove from the heat, stir in the Parmesan cheese, then season with salt and pepper if needed and serve right away.

GOOD TO KNOW

Keep the broth hot in a separate pan so the risotto stays creamy and cooks evenly.