

Cauliflower Risotto

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Ingredients:

- 4 1/2 cups chicken broth
- 2 tablespoons extra virgin olive oil, divided
- 2 cups chopped leek
- 3 cups riced cauliflower
- 1/3 cup dry white wine
- 1/4 cup coconut milk
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup halved grape tomatoes
- 1/4 cup chopped fresh basil
- 5 ounces fresh mozzarella cheese, finely diced

Preparation:

Bring the broth to a simmer in a medium saucepan (do not boil). Keep warm.

In a separate large saucepan, heat 1 tablespoon oil over medium-high heat. Add leek; sauté 3 minutes or until tender.

Add riced cauliflower; cook 2 minutes, stirring constantly.

Stir in wine, and cook 1 minute or until the liquid is nearly absorbed, stirring constantly.

Stir in 1 cup broth; cook 5 minutes or until the liquid is nearly absorbed, stirring constantly.

Reduce heat to medium. Add the remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes total).

Stir in milk, salt, and pepper; cook 2 minutes.

Remove from heat; stir in tomatoes, basil, and cheese.

Place about 1 cup risotto evenly into 6 shallow serving bowls, and drizzle each with 1/2 teaspoon balsamic syrup and 1/2 teaspoon olive oil.