Creamy Chestnut Mushroom Risotto
with Vegan Cream Cheeze

hello chef

Calorie Smart

Tips For Fussy Eaters
Prepare a second, smaller batch without mushrooms.

Pro Tip
Nutritional yeast adds a cheesy flavour to the risotto.

Creamy, creamy, creamy!

Cooking Time: 35 min | Dairy-Free
Cals 436 | Prot 14 | Carbs 78 | Fat 9

Ingredients	For 2	For 3	For 4	
Risotto				
Shallots	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Chestnut mushrooms	250	500	500	Grams
Celery	1	1	2	Piece
Fresh parsley	15	15	15	Grams
Water	800	1200	1600	ML
Vegetable stock cube	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Arborio rice	160	240	320	Grams
Nutritional yeast	4	4	6	Grams
Apple cider vinegar	15	22	30	ML
Cashew cream cheeze	55	110	110	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

1 Prep vegetables

Peel and chop the **shallots** and **garlic**. Clean and slice the **mushrooms**. Peel and finely slice the **celery**. Rinse and roughly chop the **parsley**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.

2 Fry

Heat a drizzle of **oil** in a pan over a medium heat. Fry the **shallots**, **mushrooms**, **celery** and **garlic** for 5 min.

3 Simmer

Once softened, add the **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**. Add 1/4 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked "al dente" – this is your **risotto**.

4 Serve

Finally, add the **nutritional yeast**, **apple cider vinegar**, chopped **fresh parsley** and **cream cheeze**. Season the **risotto** with **salt** and **pepper** to taste.

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