

White Wine Risotto with Fresh Mushrooms & Courgette Nicoise

Serves 4

Approximate preparation time: 30-35 minutes



VEGETARIAN



Quantity	Ingredients	Preparation
Courgette salad		
2	organic courgettes	Finely chop the garlic, cut the courgettes into slices or strips. Heat 1 tbsp. olive oil in a pan, add garlic and sauté. Briefly sauté the courgettes on the highest heat. Transfer into a bowl. Finely chop the basil and add the salt, pepper, remaining olive oil and vinegar to the courgettes and mix everything.
1 clove	garlic	
3 tbsp	olive oil	
4 g	fresh basil	
4 g	salt	
3 pinches	pepper	
5 tbsp	vinegar	
Merlot risotto		
1	onion (small)	Finely chop the onions and garlic and sauté in olive oil. Add the rice and sauté briefly. Season with salt and pepper and deglaze with white wine. Dissolve the vegetable stock in water and add after the wine has been reduced. Simmer on a low heat until the rice is cooked. Add a few small knobs of butter and sprinkle grated parmesan on top shortly before serving.
1 tbsp	olive oil	
1 clove	garlic	
300 g	risotto rice	
2 g	salt	
2 pinches	pepper	
1 tbsp	vegetable stock	
1 dl	white wine	
3 dl	water	
50 g	parmesan	
20 g	butter	
Fresh porcini mushrooms in olive oil		
350 g	fresh porcini mushrooms	Cut porcini mushrooms into slices, finely chop onions and garlic, and sauté in olive oil on a high heat. Season with salt and pepper.
1 clove	garlic	
2 tbsp	olive oil	
1	onion (small)	
2 tbsp	olive oil	
3 pinches	pepper	
3 g	salt	

Fun fact:

Organic wine is less harmful to the climate because it does not require the use of synthetic herbicides, pesticides or artificial fertilisers.