

Lemon and mint risotto *(Pasta & rice main dishes)*



Preparation

Here is a recipe that you can prepare slowly in the traditional way or faster using the assistance of a Thermomix food processor. The choice is yours, we will simply give you the elements that you have to do in either case! Chop the onion, mint and lemon zest (yellow part only) very finely. Add a little oil and let it brown for a few minutes. Add the rice and coat in the hot oil mixture. Add a dash of white wine and let it reduce. Then add the juice of half a lemon (don't overdo the lemon or it might overpower other flavours). Then gradually add the water (if you use the Thermomix it'll take 550 ml altogether) and adjust for salt. Continue until cooked and whisk in just some butter. Serve with a few mint leaves for decoration.

Tips

To avoid spoiling the freshness of this risotto, we offer two pieces of advice: don't use olive oil but rather groundnut oil instead, as the intense flavour of olive oil could overpower the delicate aromas of lemon and mint. Secondly, and similarly, stir just a knob of butter into your risotto and avoid Parmesan, which does not go well with lemon and mint.

Trivia

Mint is a tough perennial plant. Buy a small one and keep it on your balcony. Don't be concerned if it seems to die in cold weather. It will return in the spring, once again ready to give flavour and character to your cooking!

Information

Preparation 20 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Vialone rice 250 grams

Lemon (Half a lemon, zest and juice)

Mint (10 mint leaves)

Salt

Butter (A knob of butter)

White wine (To taste)

Onions (Half a white onion)

Groundnut oil