

# Tomato & Parmesan Risotto

A perfect risotto any Italian would be impressed by. Cooked in 23 minutes and almost hands-free. Serve as a main course or as a side dish with fish or chicken.

Serves: 8

Preparation time: 10 minutes

Cooking time: 23 minutes

## Ingredients

60g Parmesan cheese, cut in small blocks  
1 onion, peeled and quartered  
2 cloves garlic  
20g olive oil  
380g arborio rice  
100g white wine  
1 Tbsp vegetable stock concentrate  
1 x 400g can crushed tomatoes  
800g water  
Seasoning to taste

## Method

- Place Parmesan cheese in TM bowl. Grate **5 sec/speed 8**. Set aside.
- Place onion and garlic in TM bowl. Chop **3 sec/speed 5**.
- Add olive oil and sauté **2 min/Varoma/reverse/spoon speed**.
- Insert **butterfly**. Add rice and wine.
- Sauté **3 min/100°C/reverse/spoon speed**.
- Add vegetable stock concentrate, crushed tomatoes, 800g water and seasoning.  
Cook **17 min/100°C/reverse/spoon speed**.
- Serve sprinkled with parmesan cheese.

## Cook's notes

- Consistency of risotto may be changed by either increasing or decreasing the water. Remember the rice will continue to absorb liquid on standing.
- Once cooked, add 50g cream and grated parmesan to give a creamier risotto.
- Garnish with sundried tomato powder and Parmesan shavings.
- Add thinly sliced chorizo sausage at the end of cooking.
- To use left-over risotto, shape into 2.5cm balls, roll in flour followed by egg and then breadcrumbs. Deep fry until golden brown.

*Brenda Willemse, one of our top consultants and in the process of becoming a junior group leader, converted this recipe from a magazine recipe. Brenda is also an avid cook and often submits recipes to us. Thank you Brenda for all your hard work.*



Thermomix

Approved Thermomix Distributor of 



PORT-A-KITCHEN

An extra pair of hands in the kitchen

Tel: 011 974 1171

[www.sathermomix.com](http://www.sathermomix.com)