

CREAMY CAULIFLOWER & MUSHROOM RISOTTO



Jon Camilleri

CH-EAT

INGREDIENTS

- 1 small Cauliflower
- **1tsp Olitalia Extra Virgin Olive Oil**
- **1tsp Flora Plant Butter**
- 1 small Onion
- 2 Garlic Cloves
- 200g Mushrooms
- 50g Peas
- **1tub Elmlea 100% Plant Cream**
- **1 Knorr Vegetable Stock Cube**
- Parsley



METHOD

- 1** Chop the cauliflower into small florets and finely mince using a food processor. Alternatively, you can grate it with a cheese grater.
- 2** Heat the oil and butter and add the chopped onion and crushed garlic.
- 3** Cook for 5 minutes until they get soft and slightly brown then add the sliced mushrooms.
- 4** Cook for a couple of minutes until the mushrooms get soft, then add the cauliflower.
- 5** Give it a good mix and cook for 3 minutes.
- 6** Add the cream and mix it all together.
- 7** Add the peas and sprinkle the stock cube.
- 8** Mix everything well and cook for a couple of minutes.
- 9** Serve with freshly chopped parsley.