

LEMON AND EDAMAME BEAN RISOTTO WITH PECANS

Ingredients

- 1 cup Risotto Rice
- 3 cups Vegetable Stock
- 1 White Onion
- 1 Garlic Clove
- 1 tsp lemon zest
- 1/2 cup Pecan Nuts
- 2-3 tbsp Chopped Parsley
- Juice of half a lemon
- salt and pepper for seasoning

Instructions

1. Heat a tablespoon of olive oil in the bottom of a large sauté pan on a medium heat.
2. Finely dice the onion and sauté for 3-4 minutes, or until translucent.
3. Mince the garlic cloves and add this to the pan with onions and sauté for another 1-2 minutes.
4. Add in the risotto rice. Cook with the onion mixture for another 2-3 minutes.
5. Add the vegetable stock, 1 ladle at a time, allowing the rice to absorb the liquid completely before adding the next. When you get to the last ladle full, add in the lemon zest and edamame beans and let everything cook together until it's creamy and the rice is cooked through. Taste and season with salt and pepper as you'd like.
6. Add a spritz of lemon juice to the finished risotto and stir in some chopped parsley.
7. Roughly chop some pecan nuts and sprinkle over the top.
8. Serve immediately.

