



# VEGETARIAN RISOTTO with LEMONGRASS & GINGER INFUSED OLIVE OIL

## INGREDIENTS

2 Cups Arborio Rice (washed)  
8 Cups Vegetable Stock  
1 Fresh Onion (diced)  
1 Eggplant (5mm thick slices)  
1/2 Butternut Pumpkin  
1 punnet Mushrooms  
Handful Baby Spinach  
1 Large Corn on the cob  
1 Capsicum  
1-2 Tbsp SATHYA Chilli & Garlic Infused Olive Oil  
2-3 Tbsp SATHYA Lemongrass & Ginger Infused Olive Oil  
1 Tsp Cumin Powder  
1 Lemon Juiced  
Salt to taste



## METHOD

Warm SATHYA Chilli & Garlic Infused oil in pressure cooker (for quick cooking) or pan, sauté fresh onion until brown, then add capsicum, cumin powder, salt and washed Arborio rice and brown.

Then add vegetable stock and close the lid on the pressure cooker to cook the rice until soft.

Sauté mushrooms separately in a pan with SATHYA Lemongrass and Ginger oil. Roast the corn on the cob over an open flame to char and shave kernels into a bowl. Roast the cubes of pumpkin and slices of eggplant in an oven at 200 degC with some SATHYA Lemongrass & Ginger Infused Olive Oil

Mix the roast pumpkin, eggplant, mushrooms, corn kernels and spinach into the cooked rice. Add some more SATHYA Lemongrass & Ginger oil, Lemon Juice and serve.

\*\* To make Vegetable stock, use celery, leek, carrots and any other vegetables you like. Pressure cook the vegetables with water then drain the clear stock. You can also blend the cooked vegetables into a paste and add it to the risotto mix for added flavour.

\*\* For a non vegetarian option, add browned chicken necks to stock for a chicken based flavour. Serve this with grilled chicken in the risotto mix. Or for a seafood option add prawns or grilled fish.

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