

Pesto Risotto–Tried & True Recipes

Serves: 4 | Cook time: 40 minutes

INGREDIENTS

- 2 teaspoons extra virgin olive oil
- 1 yellow onion, peeled and diced
- 4 cloves garlic, peeled and minced
- 2 tablespoons butter
- 1 cup carnaroli or arborio rice
- 5–6 cups chicken stock, warmed over the stove or in the microwave
- ¼ cup pesto
- ½ cup freshly grated Parmesan, plus more for serving
- ½ lemon, juiced
- Fresh basil leaves, for serving
- Salt and pepper to taste

NUTRITION

Calories: 375kcal | Carbohydrates: 46g | Protein: 9g | Fat: 17g | Sodium: 393mg | Fiber: 3g | Sugar: 2g | Vitamin C: 10mg

METHOD

Cook the onion and garlic:

- Heat the extra virgin olive oil in a large pot over medium heat. Add the onion and cook for 7–8 minutes until softened and translucent.
- Add the garlic and cook for 1 minute until fragrant.

Toast the rice:

- Melt the butter into the aromatics. Once bubbly, add the carnaroli rice and season well with salt. Toast for 2–3 minutes.

Cook the risotto:

- Add 1 ladleful of the warm stock and stir to incorporate. Bring to a low boil for 1–2 minutes, stirring occasionally, until the liquid absorbs into the rice.
- Continue adding the stock in ladlefuls, alternating stirring and adding liquid and only adding more liquid as the rice absorbs the liquid in the pot. Continue for 18–20 minutes until the rice is tender.
- Reduce the heat to low and stir in the pesto. Cook for 2–3 minutes, stirring to incorporate the pesto into the risotto.
- Turn off the heat and stir in the Parmesan cheese and lemon juice. Taste and season. Let stand for 5 minutes.

To serve:

- Divide the pesto between bowls. Garnish with more Parmesan cheese and fresh basil leaves. Enjoy!