

## Recipe

### MUSHROOM RISOTTO WITH BROWN & RED RICE



► ► Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 4 servings

**Prep Time:** 10 min

**Cook Time:** 40 min

**Total Time:** 50 min (excluding soak time)

#### INGREDIENTS: RISOTTO

- 1 tsp (5 mL) olive oil
- 1 cup (180 g) mock chicken pieces (optional)
- 1 tsp (5 mL) olive oil
- 2 large red onions, chopped
- 3 cloves garlic, minced
- 15-20 (350g) medium cremini or button mushrooms, coarsely chopped
- 1/2 cup (95 g) brown rice, soaked 8-12 hrs, drained
- 1/2 cup (95 g) red rice, soaked 8-12 hrs, drained
- 2 mushroom bouillon cubes, crushed
- 1 medium zucchini, chopped into small pieces
- 1/2 cup (95 g) white rice, rinsed
- 2 medium tomatoes, coarsely chopped

#### INGREDIENTS: OPTIONAL

#### GARNISH

- Fresh basil leaves (highly recommended)
- Chili flakes
- Caramelized onions

#### DIRECTIONS

1. In a pot on high heat, sauté the oil and mock chicken pieces, stirring throughout until lightly browned, about 3 minutes. Place in a small bowl and set aside.
2. Now add the olive oil, onion, garlic, mushrooms + 2 Tbsp (30 mL) water to the large pot on high heat, and sauté until all the moisture released from the mushrooms evaporates, about 8 minutes.
3. Then add the brown and red rice, bouillon cubes plus 2 cups (500 mL) boiling water. Bring to a boil then reduce to a simmer, partially cover and allow to sit for 10 minutes.
4. After this, add the white rice and zucchini to the pot, stirring frequently and scraping the bottom of the pot with a wooden spatula to avoid burning. Continue for about 5 minutes, before adding the tomatoes.
5. With the heat at medium-high, continue to stir, adding water as needed, until the rice is al dente and a risotto consistency is achieved. This will take about 10-15 minutes. Gently stir in the mock chicken pieces, serve while hot, garnish and serve with a side of salad if desire and enjoy!

#### NOTES

**Storage:** store in an air-tight container in the fridge for three days.

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