

Tomato, chick peas, parsley and broccoli cream risotto



Time: 40 min.

Difficulty: Medium

Ingredients (4 people)

- Puree de tomates 700g 250 gr
- **Ingredients**
 - Boiled broccolis 300 gr
 - Boiled chick peas 200 gr
 - Carnaroli rice 320 gr
 - Extra-virgin olive oil to taste
 - Italian parsley 1 bunch
 - Vegetable broth 1 lt
 - White onion ½
 - White vinegar 1 teaspoon

For this recipe we used:



Preparation

Mince the onion and sauté it in a saucepan, then add the rice and chickpeas and let them brown slightly.

Once toasted start cooking using the boiling vegetable broth, adding it one ladleful at a time. Halfway through cooking also add **Pomì Fine Tomato Pulp** so to mix well the ingredients.

Once the sauce is ready, add a hint of extra-virgin olive oil and the chopped parsley, then let it rest for a few minutes.

Using a blender or hand blender, blend the broccoli together with two tablespoons of extra-virgin olive oil, salt and pepper.

To dish out, use a food ring mold placed at the center of the plate: fill it with the rice leaving about 2 cm on the edge, then add a layer of broccoli cream.

Serve with a hint of extra-virgin olive oil.