Tomato, chick peas, parsley and broccoli cream risotto



Preparation time: 40 min
Difficulty: Medium

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

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.

For this recipe we used:

Finely Chopped tomatoes 250 gr

