

# Beetroot and Feta cheese risotto

## Raciones para 1

500 g  
Boiled beet  
1 l  
Vegetables soup  
30 ml  
Virgin olive oil  
1  
Onion, finely chopped  
2  
Minced garlic cloves  
300 g  
Risotto rice  
1  
Fresh thyme branch  
100 ml  
Dried white wine  
30 g  
Butter  
150 g  
Vegan cheese  
40 g  
Chopped nuts  
20 g  
Sesame seeds  
  
Salt  
  
Black pepper

- 1 Place half the beetroot with the stock into a food processor and blend until smooth. Pour into a saucepan and bring to a gentle simmer. Grate or finely chop the remaining beetroot and leave to drain in a colander.
- 2 Heat the olive oil in a large casserole dish or saucepan. Add the onion and fry gently until very soft. Add the garlic and cook for 2–3 minutes. Stir in the risotto rice and thyme until coated in the oil. Season with salt and pepper.
- 3 Turn the heat to high and pour in the white wine. Cook for 1–2 minutes until reduced. Turn the heat down to medium and add a ladleful of the beetroot stock. Stir continuously until the liquid has been absorbed. Repeat until all the stock has been added. At this point the rice will have a creamy texture but still be al dente.
- 4 Remove the thyme sprig.
- 5 Beat in the butter, the grated beetroot and the two cheeses: feta and parmesan.
- 6 Serve immediately, dividing the risotto in 4 plates.

# Chef's Notes

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<https://cookinglovers.teka.com/en/receta/risotto-de-remolacha-y-queso-feta/>

