

Stuffed Zucchini with Herb Risotto

20–30 Min

Preparation

1. Heat a little olive oil in a large pan. Sweat the onion and 2/3 of the thinly sliced garlic until translucent. Add the risotto rice and sweat briefly. Then use the white wine to deglaze the pan and bring everything to the boil.
2. Gradually add a little of the hot vegetable stock until the rice is al dente. Meanwhile, we recommend that the mixture is continuously stirred. Mix the olive oil with the Kotányi Wild Garlic, oregano and rosemary.
3. At the end, stir the Parmesan, chopped parsley, the oil and herb mix and a little butter into the risotto. Season to taste with salt and pepper.
4. The aim is to achieve a creamy risotto that still has a bit of bite.
5. Scoop out the round zucchini and then fill the hollows with the risotto.
6. Cook for 20–25 minutes at 180°C (356°F) using the convection oven setting.

Ingredients 5 Portions

= Kotányi Produkte

5 piece	Round eggplant
250 g	Risotto rice
1 piece	Onion
3 piece	Garlic cloves
150 ml	White wine
500 ml	Vegetable stock, clear
200 g	Parmesan
1 tbsp.	Butter
1 cup	Parsley, fresh
5 tbsp.	Olive oil
1 pinch	Himalayan Salt
1 pinch	Pepper Black, Whole
1 tsp.	Organic Oregano, Crushed
1 tsp.	
1 tsp.	Thyme, Crushed
1 tsp.	Organic Rosemary, Chopped