



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

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|---------|-----------------------------|
| 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 |

