



Tender Wheat Risotto with Beets and Ginger

🕒 25–30 Min   

Preparation

- 1 Peel and thinly slice the onion. Dice the beets.
- 2 Heat the sesame oil in a pan and sweat the onion. Add the tender wheat and fry briefly. Add the beets and the cinnamon, deglaze the pan with vinegar and pour in the vegetable stock.
- 3 Stir in the orange juice and ground ginger and allow to simmer over a low heat for 15 minutes.
- 4 Remove the cinnamon stick. As soon as the tender wheat is soft, pour in the coconut milk.
- 5 Mix well and season to taste with sea salt and ground pepper. Dish onto plates, sprinkle with the horseradish and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

2	Onion
3 tbsp.	Sesame oil
200 g	Tender wheat
200 g	Beets
150 ml	Coconut milk
1 tbsp.	Cranberry vinegar
500 ml	Vegetable stock, clear
4 tbsp.	Orange juice
1 piece	Horseradish, grated
1 piece	♦ Cinnamon, Whole
1 tsp.	♦ Organic Ginger, Ground
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

