



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

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| 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 |

