



# PLANT-BASED RECIPES

## ITALIAN MUSHROOM RISOTTO

*Parveggio*



## YOU WILL NEED

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200 gr. mushrooms  
(agaricus or portobello)

Olive oil

1 onion finely chopped

2 garlic cloves minced

200 gr. arborio rice

100 ml white wine

1 lt vegetable or mushroom stock

2 - 3 pinches tarragon

60 gr. GreenVie Parveggio

Salt - Black pepper to taste

Recipe & photo credits  
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# Method

## ITALIAN MUSHROOM RISOTTO

- Add about 3/4 cup of vegetable stock in the pan - or enough until rice is slightly covered. Gently stir and let cook. Once all liquids are absorbed add more vegetable stock. Continue with this process until rice is almost ready (al dente).
- Add tarragon and cook for another minute. Turn off heat. Grate GreenVie Parveggio and add in your risotto along with black pepper. Stir in your mushrooms and enjoy while warm!



SERVES



PREP TIME



APPROXIMATE  
COOKING TIME



# Method

## ITALIAN MUSHROOM RISOTTO

- Preheat oven at 200°C. Cut mushrooms in slices and add in a bowl. Drizzle with some olive oil and sprinkle a few pinches of salt on top and mix. Empty the mushrooms on a baking tray lined with parchment paper. Bake for 20 - 25 minutes or until golden brown.
- In a pan over medium heat add 1 - 2 tbsp olive oil. Once hot add the onion and saute until translucent. Throw in the garlic and rice. Stir until all the rice is covered in olive oil. Add white wine and let the alcohol to cook out (3 - 4 minutes).



SERVES



PREP TIME



APPROXIMATE  
COOKING TIME



**Green Vie**  
dairy-free  
delight

**B12**  
ENRICHED

**PARIVEGGIO**  
WITH COCONUT OIL

Net weight:  
**300g e**

**FREE FROM:**  
DAIRY / GLUTEN / SOYA /  
LACTOSE / PALM OIL

**Vegan**  
Registered by the  
Vegan Society



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make  
this ♥  
recipe?**



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