



HOME CHEF

CAULIFLOWER “RISOTTO”

With Sun-Dried Tomatoes & Peas



Risotto is one of the greatest gifts Italian cuisine has given us. It is rich, hearty, stick-to-your-ribs comfort in a bowl. But traditional risotto is not the greatest gift we can give to our waistslines. Enjoy a warm bowl of this creamy cauliflower “risotto” and marvel at the fact that it’s low-carb and low-calorie. Grating cauliflower florets to look like grains of rice, and then cooking in milk until they’re creamy and tender, will give you all the satisfaction of the real stuff with none of the carbs.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 576
Carbohydrates: 31g
Fat: 51g
Protein: 13g
Sodium: 657mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Oaky Chardonnay
Pinot Grigio
Brown Ale

INGREDIENTS

1 Shallot
1 Lemon
2 oz. Sundried Tomatoes
18 oz. Cauliflower
12 oz. Evaporated Milk, Canned
5 oz. Frozen Peas
1 oz. Shaved Parmesan
½ oz. Arugula



Prepare the Ingredients

Thoroughly rinse all produce and pat dry. Peel and mince **shallot**. Zest **lemon** and cut in half. Julienne sundried **tomato** (cut into matchstick-like sticks).

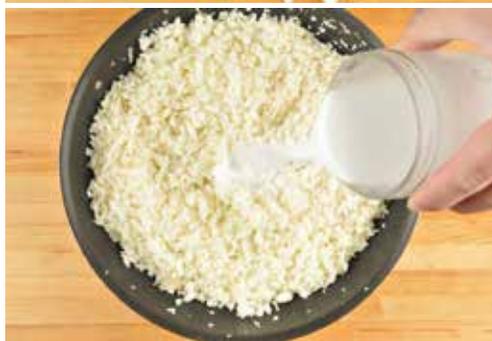


Make the Cauliflower “Rice”

Grate **cauliflower florets** on the large hole side of a box grater to make the “rice grains.” If you have one, a food processor with a grater attachment is also an excellent tool for this task. Set aside.

WHAT YOU NEED

Olive Oil
Salt
Pepper



Start the Risotto

Heat 1 tsp. of **olive oil** in a medium pan over medium heat. Add **shallot** and cook for 1 minute until it just begins to turn translucent. Add **cauliflower “rice”** and cook for 1 more minute. Season with a pinch of **salt**. Add **evaporated milk**, bring to a simmer and reduce heat to low. Cook until the liquid reduces by half and the mixture takes on the look of creamy risotto, about 12-15 minutes.



Finish the Risotto

Add **sliced sun-dried tomatoes** and **peas**. Stir to combine and cook 3 more minutes until everything is heated through. Remove pan from heat and stir in **lemon zest**, **half the shaved Parmesan**, and **arugula**, reserving a few leaves for garnish. The residual heat will wilt arugula without over-cooking it.



Plate the Dish

Spoon the “**risotto**” into a shallow bowl. Garnish with **reserved arugula**, **zest**, and **remaining parmesan cheese**.

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