



Cauli lower “Rice” Risotto with BROCCOLINI® baby broccoli

Servings

4

Calories

410

Prep Time

10 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

2 (12 ounces) bags Mann’s Cauliflower “Rice”

1 bunch Mann’s BROCCOLINI® baby broccoli
(about ½ pound)

3 teaspoons shallots, chopped

3 teaspoons olive oil, extra virgin

6 teaspoons sweet butter

Salt and pepper

1 cup broth (meat or vegetable)

1 cup Parmigiano Reggiano Cheese, grated

2 teaspoons Parsley, chopped (optional for
garnish)



The Method

In a large skillet over medium heat, cook shallots in olive oil until they start to caramelize (about 5-7 minutes).

Add Mann’s Cauliflower “Rice” and Mann’s BROCCOLINI® baby broccoli into the skillet and toss to combine.

Add broth and butter, cook uncovered, just until vegetables are slightly tender (about 10 minutes). Remove from heat and mix in cheese and parsley.

Season with salt and pepper to taste and serve immediately.

Nutrition Facts

Serving Size: 349g | Servings: 4

Amount Per Serving

Calories 410 | Total Fat 29g (sat fat 17g trans 0g) | Cholesterol 55mg | Sodium 1020mg | Total Carbohydrate 15g | Dietary Fiber 6g |
Sugars 4g (Includes 0g Added Sugars) | Protein 24g | Vitamin D 0% | Calcium 60% | Iron 6% | Potassium 15%

For more great recipes visit www.veggiesmadeeasy.com

© 2018 Mann Packing Co., Inc. All rights reserved