Main dishes / Italy

risotto rice with lentils and cavolo nero · Italy

A complete grain dish with drained cooked lentils, cavolo nero and a Italy-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g risotto rice
- ☐ 500 g cavolo nero
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

01 Cook the risotto rice in plenty of water according to its packet, then drain well.

02 Clean the cavolo nero and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cavolo nero and cook for a few minutes. Add a splash of water, cover and cook for 10 minutes.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

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