



Dinner recipe.

Wild mushroom risotto

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Preparation.

1. Stick the rice, chicken stock and mushrooms in a ziplock.
2. Put the salted butter and truffle oil in a container.
3. The parmesan, garlic and pepper go in their own bag.

Instructions.

4. Cold soak the rice, stock and mushrooms in a cup of water for 2 hours.
 5. Melt the butter in your pot and add the cold soak mixture.
 6. Simmer for five minutes while stirring regularly.
 7. Stir the parmesan bag through and you're ready.
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Ingredients.

- Arborio rice, 2.75oz (75gr) 267kcal
- Parmesan, 1oz (30gr) 127kcal
- Dried mushrooms, 0.7oz(20gr) 100kcal
- Salted butter, 0.88oz (25gr) 184kcal
- 1/2 cube of chicken stock, 0.25oz(7gr) 17kcal
- 1/4tsp black truffle oil, 0.035oz (1gr) 9kcal
- 1/4tsp freeze dried garlic, 0.0175oz (0.5gr) 1.5kcal
- 1/4tsp black pepper, 0.0088oz (0.25gr) 1.5kcal

5.65oz(159gr), 707kcal

kcal/oz=125