

Seaweed Risotto

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/seaweed-indian-recipe>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 yellow onion large, chopped
- 2 shallots medium, chopped
- 3 cloves garlic chopped
- 3/4 teaspoon salt fine-grain sea
- 2 cups pearled barley lightly, or pearled farro
- 1 cup dry white wine good-quality
- 6 cups water or lightly-flavored vegetable broth
- 1 lemon zest and some juice
- 1/3 cup mascarpone cheese
- 1/2 cup cheese freshly grated Parmesan
- 1/4 ounce seaweed dried nori, toasted
- 1 1/2 cups spinach finely chopped
- 1 cup walnuts toasted

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 15 milligrams
4. Fat: 26 grams
5. Fiber: 13 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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