

Artichoke Risotto With Lemon-herb Pesto

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-italian-kitchen-artichoke-risotto-recipe>

Ingredients:

- 1 bunch fresh basil 2 oz, 55 g – leaves removed from stems
- 6 sprigs Italian parsley fresh, – stems removed
- 1 large garlic clove – skinned and left whole
- 1 teaspoon grated lemon zest finely, use a microplane grater
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1 lemon juiced
- 3 artichokes large
- 3 1/2 cups spring water
- 3 cups vegetable stock
- 1/4 cup extra virgin olive oil
- 1 red onion medium, – skinned, quartered and finely sliced
- 2 large garlic cloves – skinned and finely chopped
- 1 cup dry white wine
- 1 cup carnaroli Vialone Nano or Arborio rice
- 1/2 teaspoon sea salt
- ground black pepper freshly, to taste
- 1 tablespoon unsalted butter cold
- 1/3 cup Parmesan freshly grated Reggiano
- extra-virgin olive oil for drizzling
- chive tips as garnish, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 15 milligrams
4. Fat: 34 grams

5. Fiber: 7 grams
 6. Protein: 10 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 1530 milligrams
 9. Sugar: 5 grams
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