

FREEKEH RISOTTO WITH BROCCOLI, LEMON & GOATS CHEESE

A light and lemony risotto, superb as a meat-free meal but also a delicious companion to grilled lamb chops.

Recipe & Image by Carey Erasmus | www.bitsofcarey.co.za

INGREDIENTS:

+ 700 ml vegetable or chicken stock
400 g bunch of broccoli
1 onion, finely chopped
2 cloves garlic, crushed
15 ml olive oil
15 ml butter
250 ml cracked freekeh
125 ml crème fraiche
zest of 1 lemon
125 ml chopped basil
45 ml chopped dill
60 ml chopped mint
Salt and pepper to taste
To serve:
100 g goat's cheese
extra lemon zest
olive oil for drizzling

METHOD:

Bring the stock to the boil.

Cut the broccoli into bite-sized florets and roughly chop the stalks.

Place the florets in the boiling stock for 2-3 minutes. Season to taste and set aside. Keep the stock simmering and ready for the risotto.

In a large frying pan, heat the oil and butter and sauté the onion, garlic and broccoli stalks until fragrant and the onion begins to soften.

Add the freekeh and stir around for a few seconds. Add a soup ladle of hot stock at a time. Cook over moderate heat and allow stock to absorb before adding more stock. Continue adding stock until freekeh is cooked al dente. This will take about 15 minutes.

Meanwhile, combine the crème fraiche, lemon zest and herbs. Add to the risotto and stir until well combined and creamy. Heat through for a few seconds. Season to taste. Serve immediately with lots of crisp broccoli florets and crumbled goat's cheese.

Drizzle with olive oil and a sprinkle of lemon zest.

