



Freekeh Risotto

Ingredients

- 1 Small Onions, finely chopped
- 2 Cloves Garlic, finely chopped
- 1 cup Mushrooms, chopped
- 1 tsp Olive oil
- 1 cup Freekeh, washed and soaked
- 2 cubes MAGGI® Chicken Bouillon
- 4 cups Hot Water
- 0.25 cup Parsley, fresh
- 0.25 cup Parmesan cheese, grated
- 0.5 cup Cooking cream

Instruction

1. In a deep saucepan, sauté shallots, garlic and mushrooms in olive oil until soft. Add drained freekeh and sauté over heat to toast slightly.
2. Add MAGGI® Chicken Bouillon and 1 cup hot water and sauté until water is absorbed. Repeat adding water 1 cup at a time until freekeh is fully cooked and tender.
3. Stir in parsley, cream and Parmesan cheese and cook over medium-low heat for 2 mins. Transfer the Freekeh Risotto to a serving dish and serve hot.

Nutrition

Carbohydrates	4.75 g
Energy	59.82 kcal
Fats	3.85 g
Protein	2.97 g

20 Minutes

6 Servings