



## Einkorn and Spotted Shrimp Risotto with Butternut Squash and Almonds

READY IN



1130 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup blanched almonds and coarsely chopped
- ☐ 4 cups chicken bone broth as needed (make it here or buy it here)
- ☐ 1 cup butternut squash chopped
- ☐ 1 tablespoon ghee (purchase it here)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon olive oil extra virgin (purchase it here)
- ☐ 3 cloves garlic chopped

- ☐ 0.8 pound pacific spot prawns (I purchase them here.)
- ☐ 1 shallots sliced thin
- ☐ 2 cups einkorn wheat berries (purchase it here)
- ☐ 1 bunch orach red trimmed coarsely chopped
- ☐ 1 bunch orach red trimmed coarsely chopped

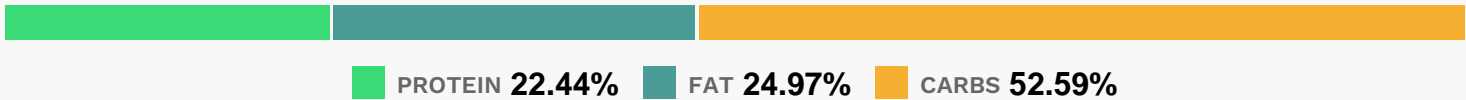
## Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ sieve
- ☐ stove

## Directions

- ☐ The night before you plan to cook the pilaf, place the einkorn wheat berries into a medium mixing bowl. Cover them with warm water, and stir in the apple cider vinegar. Allow the einkorn to soak, tightly covered, for 18 to 24 hours, then drain them in a fine-mesh sieve, rinse them well and set them aside.Warm the olive oil and ghee in a wide stainless steel or enameled cast iron skillet over medium heat. When the ghee melts and mingles with the olive oil, toss in the garlic and shallot. Fry them in the olive oil, stirring frequently to prevent scorching, for 3 to 5 minutes, or until they become fragrant. Stir in the almonds and continue cooking them a further 2 minutes, or until they begin to brown ever so slightly. Turn the down the heat to medium-low. Stir in the soaked einkorn, and stir into the garlic, shallot and almonds for 3 minutes. Stir in the butternut squash, and pour in the broth 1/2 cup at a time, stirring continuously with each addition, until the liquid is absorbed by the cooking grains, about 30 minutes. Stir in the spotted shrimp and the white wine, cooking until the shrimp curl under the heat of the stove, about 3 minutes. Stir in the red orach, and continue cooking until the liquid is largely absorbed by the grains, and the red orach wilts in the heat of the risotto. Adjust seasoning with salt, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:16.715652284415%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 610.59kcal (30.53%), Fat: 17.03g (26.2%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 80.73g (26.91%), Net Carbohydrates: 64.9g (23.6%), Sugar: 2.31g (2.57%), Cholesterol: 146.53mg (48.84%), Sodium: 108.54mg (4.72%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 34.45g (68.9%), Vitamin A: 3722.05IU (74.44%), Fiber: 15.82g (63.3%), Vitamin E: 4.72mg (31.49%), Phosphorus: 281.6mg (28.16%), Copper: 0.53mg (26.6%), Iron: 4.62mg (25.67%), Manganese: 0.49mg (24.29%), Magnesium: 88.6mg (22.15%), Calcium: 161.93mg (16.19%), Potassium: 504.67mg (14.42%), Zinc: 1.74mg (11.63%), Vitamin C: 8.55mg (10.37%), Vitamin B2: 0.13mg (7.43%), Vitamin B6: 0.14mg (6.82%), Vitamin B3: 1.03mg (5.14%), Vitamin B1: 0.07mg (4.97%), Folate: 19.6µg (4.9%), Vitamin K: 2.7µg (2.57%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.1µg (1.58%)