



## Margherita risotto balls

READY IN



70 min.

SERVINGS



12

CALORIES



1312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 500 ml passata
- ☐ 850 ml vegetable stock
- ☐ 1 garlic clove crushed
- ☐ 300 g arborio rice
- ☐ 1 small glass wine
- ☐ 25 g parmesan grated (or vegetarian alternative)
- ☐ 1 knob butter

- ☐ 3 tbsp basil roughly chopped
- ☐ 125 g mozzarella cheese cut into 12 pieces
- ☐ 75 g the flour seasoned
- ☐ 2 eggs beaten
- ☐ 125 g breadcrumbs dried
- ☐ 1.5 l cooking oil for deep-frying
- ☐ 12 servings arugula

## Equipment

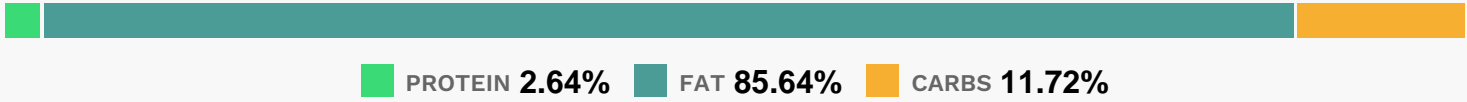
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

## Directions

- ☐ Heat the olive oil in a heavy-based saucepan.
- ☐ Add the onion, cover and sweat until soft. In another pan, mix the passata and stock, and warm over a low heat.
- ☐ Add the garlic to the onion, cook for 30 secs, then tip in the rice and stir to coat in the oil. Increase the heat, pour in the wine and let it simmer until absorbed. Keeping the pan over a medium heat, start adding the tomato stock mixture to the rice a ladleful at a time, letting the rice absorb most of the liquid after each addition. Keep stirring as you go, adding liquid until the rice is al dente you may not need all the liquid. You don't want this to be as wet as a normal risotto, so keep cooking until your wooden spoon can stand up in it. Turn off the heat, stir through the Parmesan, butter and basil, then cover for 5 mins. Season and tip onto a tray to cool completely, then chill until firm.
- ☐ Shape the risotto into 12 large balls. Make a hole in the centre with your finger and stuff in a piece of mozzarella, then reshape into a ball. Now start a little production line, dipping the balls in the flour, then the egg and coating with the breadcrumbs then chill for 30 mins.
- ☐ Heat the oil to 160C in a large deep saucepan and heat the oven to 180C/160 fan/gas
- ☐ Deep-fry the risotto balls for 8-10 mins you'll need to do this in batches.

- ☐
- Drain on kitchen paper, then transfer to a tray and pop in the oven for 6–8 mins to make sure the mozzarella is completely melted.
- ☐
- Sprinkle with salt, then leave to cool for a few moments before tucking in.
- ☐
- Serve with some dressed rocket.

# Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:16.5, Inflammation Score:-8, Nutrition Score:19.816086898679%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 1311.96kcal (65.6%), Fat: 125.36g (192.86%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 36.23g (13.17%), Sugar: 4.31g (4.79%), Cholesterol: 40.69mg (13.56%), Sodium: 782.92mg (34.04%), Alcohol: 2.03g (100%), Alcohol %: 0.76% (100%), Protein: 8.7g (17.41%), Vitamin E: 21.95mg (146.36%), Vitamin K: 105.25µg (100.23%), Iron: 4.94mg (27.44%), Manganese: 0.52mg (26.21%), Folate: 90.83µg (22.71%), Vitamin B1: 0.27mg (18.04%), Vitamin A: 865.02IU (17.3%), Selenium: 11.35µg (16.22%), Phosphorus: 137.49mg (13.75%), Calcium: 132.67mg (13.27%), Vitamin B3: 2.47mg (12.33%), Copper: 0.23mg (11.56%), Vitamin B2: 0.18mg (10.31%), Fiber: 2.35g (9.41%), Potassium: 322.98mg (9.23%), Vitamin C: 7.21mg (8.74%), Magnesium: 32.92mg (8.23%), Vitamin B6: 0.16mg (8.14%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.14mg (7.63%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.2µg (1.33%)