



Thai Red Curry Risotto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio white
- ☐ 0.5 cup cooking sherry dry
- ☐ 4 cups fat-skimmed chicken broth
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh grated peeled
- ☐ 2 cloves garlic peeled chopped
- ☐ 0.3 cup grape seed
- ☐ 3 oz lime rinsed cut into 6 wedges

- ☐ 1 cup coconut milk low-fat (regular or ; stir before measuring)
- ☐ 4 ounces common mushrooms fresh rinsed ends trimmed sliced
- ☐ 6 oz onion peeled chopped
- ☐ 2 teaspoons paprika
- ☐ 1.5 cups peas frozen
- ☐ 6 servings salt
- ☐ 0.8 teaspoon thai curry paste red (see notes)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a 12-inch frying pan or 14-inch wok over medium heat, stir onion, ginger, and garlic in oil until onion is barely limp, about 2 minutes.
- ☐ Stir in paprika, curry paste, and rice, mixing well to coat rice.
- ☐ Pour in sherry and cook, stirring to scrape up any browned bits, until sherry is absorbed, about 2 minutes.
- ☐ Pour in 1 cup chicken broth and stir until broth is mostly absorbed, 3 to 4 minutes.
- ☐ Add mushrooms and coconut milk; stir gently until liquid is mostly absorbed, about 1 minute.
- ☐ Add 2 more cups broth, 1 cup at a time, stirring after each addition until almost absorbed, about 15 minutes total. Rice should be almost tender but still slightly firm to bite.
- ☐ Remove from heat and let stand, uncovered, up to 4 hours.
- ☐ Return pan to medium-high heat, add 1 more cup broth, and stir until liquid is absorbed and rice is creamy and tender to bite, about 9 minutes. If risotto is too dry or rice isn't quite tender, add a little more broth and cook until risotto reaches desired consistency. Stir in peas, cilantro, and salt to taste. Spoon risotto into serving bowls and garnish each serving with a lime wedge.

Nutrition Facts



 **PROTEIN 8.3%**  **FAT 32.79%**  **CARBS 58.91%**

Properties

Glycemic Index:50.59, Glycemic Load:25.12, Inflammation Score:-7, Nutrition Score:12.748260891956%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 359.86kcal (17.99%), Fat: 12.57g (19.34%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 46.46g (16.9%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 849.94mg (36.95%), Alcohol: 2.06g (100%), Alcohol %: 0.72% (100%), Protein: 7.16g (14.33%), Manganese: 0.81mg (40.49%), Vitamin C: 21.32mg (25.85%), Selenium: 12.47µg (17.82%), Fiber: 4.37g (17.48%), Vitamin K: 17.15µg (16.33%), Vitamin B3: 3.26mg (16.3%), Phosphorus: 149.43mg (14.94%), Vitamin B6: 0.3mg (14.82%), Vitamin A: 725.35IU (14.51%), Vitamin E: 1.98mg (13.18%), Copper: 0.26mg (12.92%), Vitamin B1: 0.17mg (11.05%), Vitamin B5: 1.08mg (10.77%), Potassium: 349.36mg (9.98%), Vitamin B2: 0.17mg (9.86%), Folate: 38.82µg (9.7%), Magnesium: 37.5mg (9.38%), Iron: 1.59mg (8.84%), Zinc: 1.32mg (8.8%), Vitamin B12: 0.3µg (5.04%), Calcium: 46.47mg (4.65%)